

Ωρες Αβέρωφ

	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή
10.00 - 11.00	BODY BAR 10.15 - 11.00	YOGA 10.15 - 11.00	SPORTS AEROBICS 10.15 - 11.00	DANCE AEROBICS 10.15 - 11.00	HIPS & ABS 10.15 - 11.00	BODY BAR 10.15 - 11.00	
11.00 - 12.00							
12.00 - 13.00							
13.00 - 14.00							
14.00 - 15.00							
15.00 - 16.00	YOGA 15.00 - 15.45	HIPS & ABS 15.00 - 15.45	PILATES 15.00 - 15.45	SPORTS AEROBICS 15.00 - 15.45	BODY BAR 15.00 - 15.45		
16.00 - 17.00							
17.00 - 18.00	DANCE AEROBICS 17.15 - 18.00		BODY BAR 17.15 - 18.00	YOGA 17.15 - 18.00	SPORTS AEROBICS 17.15 - 18.00		

	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή
18.00 - 19.00	YOGA 18.00 - 18.45	PILATES 18.00 - 18.45	BODY BAR 18.00 - 18.45		DANCE AEROBICS 18.00 - 18.45		
19.00 - 20.00	BODY BAR 18.45 - 19.30 19.30 - 20.15	SPORTS AEROBICS 19.30 - 20.15	SPORTS AEROBICS 18.45 - 19.30		PILATES 18.45 - 19.30		
20.00 - 21.00	SPORTS AEROBICS 20.15 - 21.00	BODY BAR 20.15 - 21.00	FIGHT AEROBICS 19.30 - 20.15	PILATES 19.30 - 20.15	HIPS & ABS 19.30 - 20.15		
21.00 - 22.00	PILATES 21.00 - 21.45	DANCE AEROBICS 21.00 - 21.45	PILATES 20.15 - 21.00	YOGA 21.00 - 21.45	YOGA 20.15 - 21.00		