

Ωρες Αβέρωφ

	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή
09.00 - 10.00	Pilates Virtual 09.10 - 10.10	G HIIT Virtual 09.10 - 10.10	CORE EXERCISES Virtual 09.10 - 10.10	Functional Virtual 09.10 - 10.10	FIGHT AEROBICS Virtual 09.10 - 10.10		
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	Functional Virtual 11.00 - 12.00	DANCE AEROBICS Virtual 11.00 - 12.00	Pilates Virtual 11.00 - 12.00	G HIIT Virtual 11.00 - 12.00	Functional Virtual 11.00 - 12.00	Functional Virtual 11.00 - 12.00	
12.00 - 13.00	Yoga Virtual 12.00 - 13.00	CORE EXERCISES Virtual 12.00 - 13.00	G HIIT Virtual 12.00 - 13.00	Pilates Virtual 12.00 - 13.00	G HIIT Virtual 12.00 - 13.00	Yoga Virtual 12.00 - 13.00	
13.00 - 14.00	FIGHT AEROBICS Virtual 13.00 - 14.00	BARBELLS Virtual 13.00 - 14.00	BARBELLS Virtual 13.00 - 14.00	Functional Virtual 13.00 - 14.00	Yoga Virtual 13.00 - 14.00	FIGHT AEROBICS Virtual 13.00 - 14.00	

	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή
14.00 - 15.00	Pilates Virtual 14.00 - 15.00	G HIIT Virtual 14.00 - 15.00	Yoga Virtual 14.00 - 15.00	G HIIT Virtual 14.00 - 15.00	FIGHT AEROBICS Virtual 14.00 - 15.00	G HIIT Virtual 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	BARBELLS Virtual 15.00 - 16.00	
16.00 - 17.00	G HIIT Virtual 16.00 - 17.00	Yoga Virtual 16.00 - 17.00	G HIIT Virtual 16.00 - 17.00	BARBELLS Virtual 16.00 - 17.00	Pilates Virtual 16.00 - 17.00	DANCE AEROBICS Virtual 16.00 - 17.00	
17.00 - 18.00	DANCE AEROBICS 17.15 - 18.00	BARBELLS Virtual Xpress 17.15 - 17.45	BODY BAR 17.15 - 18.00	YOGA 17.15 - 18.00	SPORTS AEROBICS 17.15 - 18.00	Pilates Virtual 17.00 - 18.00	
18.00 - 19.00	YOGA 18.00 - 18.45	PILATES 18.00 - 18.45	BODY BAR 18.00 - 18.45	CORE EXERCISES Virtual Xpress 18.00 - 18.30	DANCE AEROBICS 18.00 - 18.45	G HIIT Virtual 18.00 - 19.00	
19.00 - 20.00	BODY BAR 18.45 - 19.30 19.30 - 20.15	CORE EXERCISES Virtual Xpress 18.45 - 19.15	SPORTS AEROBICS 18.45 - 19.30	G HIIT Virtual 18.45 - 19.30	PILATES 18.45 - 19.30	BARBELLS Virtual 19.00 - 20.00	
20.00 - 21.00	SPORTS AEROBICS 20.15 - 21.00	SPORTS AEROBICS 19.30 - 20.15	FIGHT AEROBICS 19.30 - 20.15	PILATES 19.30 - 20.15	HIPS & ABS 19.30 - 20.15		
21.00 - 22.00		BODY BAR 20.15 - 21.00	PILATES 20.15 - 21.00	Functional Virtual 20.15 - 21.00	YOGA 20.15 - 21.00		
	PILATES 21.00 - 21.45	DANCE AEROBICS 21.00 - 21.45	BODY BAR 21.00 - 21.45	YOGA 21.00 - 21.45	Functional Virtual 21.00 - 22.00		

	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή
22.00 - 23.00	Yoga Virtual 22.00 - 23.00	Functional Virtual 22.00 - 23.00	CORE EXERCISES Virtual 22.00 - 23.00	FIGHT AEROBICS Virtual 22.00 - 23.00	G HIIT Virtual 22.00 - 23.00		