

Ωρες Αβέρωφ

	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή
09.00 - 10.00	Functional Virtual 09.10 - 10.00	G HIIT Virtual 09.10 - 10.00	CORE EXERCISES Virtual Xpress 09.10 - 10.00	BARBELLS Virtual Xpress 09.10 - 10.00	G HIIT Virtual 09.10 - 10.00		
10.00 - 11.00	BODY BAR 10.00 - 11.00	Yoga Virtual 10.00 - 11.00	SPORTS AEROBICS 10.00 - 11.00	DANCE AEROBICS 10.00 - 11.00	HIPS & ABS 10.00 - 11.00	Functional Virtual 10.10 - 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	Yoga Virtual 11.00 - 12.00	
12.00 - 13.00	Yoga Virtual 12.00 - 13.00	CORE EXERCISES Virtual 12.00 - 13.00	FIGHT AEROBICS Virtual 12.00 - 13.00	Pilates Virtual 12.00 - 13.00	G HIIT Virtual 12.00 - 13.00	BARBELLS Virtual 12.00 - 13.00	
13.00 - 14.00	FIGHT AEROBICS Virtual 13.00 - 14.00	BARBELLS Virtual 13.00 - 14.00	G HIIT 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	DANCE AEROBICS 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 Virtual 15.00 - 16.00	PILATES 15.00 - 16.00	Pilates Virtual 15.00 - 16.00	BODY BAR 15.00 - 16.00	BARBELLS Virtual 15.00 - 16.00	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	BARBELLS Virtual 17.00 - 18.00	CORE EXERCISES Virtual 17.00 - 18.00	BODY BAR 17.00 - 18.00	G HIIT Virtual 17.00 - 18.00	Functional Virtual 17.00 - 18.00	CORE EXERCISES Virtual 17.00 - 18.00	
18.00 - 19.00	SPORTS AEROBICS 18.00 - 19.00	SPORTS AEROBICS 18.00 - 19.00	YOGA 18.00 - 19.00	PILATES 18.00 - 19.00	BODY BAR 18.00 - 19.00	Functional Virtual 18.00 - 19.00	
19.00 - 20.00	BODY BAR 19.00 - 20.00	HIPS & ABS 19.00 - 20.00	SPORTS AEROBICS 19.00 - 20.00	BODY BAR 19.00 - 20.00	DANCE AEROBICS 19.00 - 20.00	Yoga Virtual 19.00 - 20.00	
20.00 - 21.00	SPORTS AEROBICS 20.00 - 21.00	BODY BAR 20.00 - 21.00	FIGHT AEROBICS 20.00 - 21.00	PILATES 20.00 - 21.00	HIPS & ABS 20.00 - 21.00		
21.00 - 22.00	PILATES 21.00 - 22.00	DANCE AEROBICS 21.00 - 22.00	BODY BAR 21.00 - 22.00	Functional Virtual 21.00 - 22.00	YOGA 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	G HIIT Virtual 22.00 - 23.00	FIGHT AEROBICS Virtual 22.00 - 23.00	Functional Virtual 22.00 - 23.00		