

| ΔΕΥΤΕΡΑ<br>MONDAY    |          | ΤΡΙΤΗ<br>TUESDAY     |          | ΤΕΤΑΡΤΗ<br>WEDNESDAY |          | ΠΕΜΠΤΗ<br>THURSDAY   |          | ΠΑΡΑΣΚΕΥΗ<br>FRIDAY  |          | ΣΑΒΒΑΤΟ<br>SATURDAY     |          |
|----------------------|----------|----------------------|----------|----------------------|----------|----------------------|----------|----------------------|----------|-------------------------|----------|
| 08:00<br><br>NICOLAS | 1<br>45' | 08:00<br><br>MARIA   | 2<br>45' | 08:00<br><br>NICOLAS | 1<br>45' | 08:00<br><br>GEORGIA | 1<br>45' | 08:00<br><br>STELIOS | 1<br>45' | 09:00<br><br>PANAGIOTIS | 1<br>45' |
|                      |          | 08:15<br><br>NICOLAS | 1<br>45' | 08:50<br><br>NICOLAS | 1<br>30' |                      |          |                      |          | 10:00<br><br>PANAGIOTIS | 1<br>30' |

|                         |          |                      |          |                         |          |                      |          |                      |          |  |  |
|-------------------------|----------|----------------------|----------|-------------------------|----------|----------------------|----------|----------------------|----------|--|--|
| 17:00<br><br>NICOLAS    | 1<br>45' | 17:00<br><br>GEORGIA | 1<br>45' | 17:30<br><br>ELENA      | 1<br>45' | 17:00<br><br>SOTIRIS | 1<br>45' | 17:30<br><br>SOTIRIS | 1<br>45' |  |  |
| 17:30<br><br>ELENA      | 2<br>45' | 17:35<br><br>NICOLAS | 2<br>30' | 18:00<br><br>PANAGIOTIS | 2<br>30' | 18:00<br><br>NICOLAS | 1<br>45' | 17:45<br><br>STELIOS | 2<br>30' |  |  |
| 18:00<br><br>NICOLAS    | 1<br>45' | 18:00<br><br>SOTIRIS | 1<br>45' | 18:30<br><br>NICOLAS    | 1<br>45' | 18:15<br><br>ELENA   | 2<br>45' | 18:30<br><br>STELIOS | 1<br>45' |  |  |
| 19:00<br><br>GEORGIA    | 1<br>45' | 18:15<br><br>STELIOS | 2<br>30' | 19:30<br><br>GEORGIA    | 1<br>45' | 19:00<br><br>NICOLAS | 1<br>45' | 19:30<br><br>GEORGIA | 1<br>45' |  |  |
| 19:30<br><br>MIRTO      | 2<br>45' | 19:00<br><br>SOTIRIS | 1<br>45' | 19:30<br><br>MIRTO      | 2<br>45' | 19:15<br><br>STELIOS | 2<br>45' |                      |          |  |  |
| 20:00<br><br>PANAGIOTIS | 1<br>45' | 19:00<br><br>STELIOS | 2<br>45' |                         |          |                      |          |                      |          |  |  |

Τα μαθήματα πιο κάτω δεν συμπεριλαμβάνονται στις συνδρομές του γυμναστηρίου και έχουν επιπλέον χρέωση  
 The programs below are not included in the gyms memberships and have extra charge

|                     |          |                     |          |                          |   |                     |          |                          |          |                    |          |
|---------------------|----------|---------------------|----------|--------------------------|---|---------------------|----------|--------------------------|----------|--------------------|----------|
| 15:45<br><br>COSTAS | 1<br>45' | 15:45<br><br>COSTAS | 1<br>45' | 15:00-17:20<br><br>MIRTO | 1 | 15:45<br><br>COSTAS | 1<br>45' | 15:00-17:20<br><br>MIRTO | 1        | 11:00<br><br>IRENA | 1<br>45' |
| 16:30<br><br>COSTAS | 2<br>45' | 16:30<br><br>COSTAS | 2<br>45' |                          |   | 20:00<br><br>COSTAS | 2<br>45' | 15:45<br><br>COSTAS      | 2<br>45' | 11:00<br><br>MIRTO | 2<br>45' |
|                     |          | 20:00<br><br>IRENA  | 1<br>55' |                          |   | 20:00<br><br>IRENA  | 1<br>30' | 16:30<br><br>COSTAS      | 2<br>45' |                    |          |
|                     |          | 20:00<br><br>MARIOS | 2<br>55' |                          |   | 20:15<br><br>MARIOS | 2<br>55' | 19:30<br><br>MARIOS      | 2<br>55' |                    |          |