


Ώρες	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο						
7:30 - 8:30												
8:00 - 9:00	STRENGTH TRAINING TEO	CROSS TRAINING ΔΗΜΗΤΡΑ	PILATES MAT ΜΑΡΑ	STRENGTH TRAINING TEO	FUSION OPEN CLASS	PILATES MAT ΙΩΑΝΝΑ	CROSS TRAINING ΔΗΜΗΤΡΑ	PILATES MAT ΜΑΡΑ				
9:00 - 10:00						CROSS TRAINING						
10:00 - 11:00	FUSION OPEN CLASS	GLUTES & CORE ΔΗΜΗΤΡΑ	CROSS TRAINING ΔΗΜΗΤΡΑ	PILATES WUNDA ΙΩΑΝΝΑ	GLUTES & CORE ΔΗΜΗΤΡΑ	CROSS TRAINING ΔΗΜΗΤΡΑ		GLUTES & CORE				
11:00 - 12:00					PILATES WUNDA ΙΩΑΝΝΑ		SPINNING					
12:00 - 13:00	PILATES MAT ΙΩΑΝΝΑ	CROSS TRAINING ΔΗΜΗΤΡΑ	PILATES WUNDA ΜΑΡΑ	GLUTES & CORE ΔΗΜΗΤΡΑ	CROSS TRAINING ΔΗΜΗΤΡΑ	GLUTES & CORE ΔΗΜΗΤΡΑ	FUSION OPEN CLASS					
13:00 - 14:00						CROSS TRAINING	PILATES MAT ΜΑΡΑ					
14:00-15:00												
15:00 - 16:00	CROSS TRAINING ΔΗΜΗΤΡΑ			CROSS TRAINING ΔΗΜΗΤΡΑ				GLUTES & CORE				
16:00 - 17:00			GLUTES & CORE ΕΛΕΝΗ			GLUTES & CORE ΕΛΕΝΗ	CROSS TRAINING ΔΗΜΗΤΡΑ					
17:00 - 18:00	CROSS TRAINING ΔΗΜΗΤΡΑ	CROSS TRAINING ΕΙΡΗΝΗ	PILATES WUNDA ΕΙΡΗΝΗ	GLUTES & CORE ΔΗΜΗΤΡΑ	CROSS TRAINING ΕΙΡΗΝΗ	FITBALL WORKOUT OPEN CLASS	CROSS TRAINING ΔΗΜΗΤΡΑ	PILATES WUNDA ΕΙΡΗΝΗ	CROSS TRAINING	SPINNING		
18:00 - 19:00	CROSS TRAINING ΔΗΜΗΤΡΑ	PILATES WUNDA ΕΙΡΗΝΗ	GLUTES & CORE ΕΛΕΝΗ	CROSS TRAINING ΔΗΜΗΤΡΑ	PILATES WUNDA ΕΙΡΗΝΗ	GLUTES & CORE ΕΛΕΝΗ	FUSION OPEN CLASS	PILATES MAT ΕΙΡΗΝΗ				
19:00 - 20:00	STRENGTH TRAINING TEO	GLUTES & CORE ΕΙΡΗΝΗ	CROSS TRAINING ΕΙΡΗΝΗ	YOGA	FUSION OPEN CLASS	PILATES MAT ΕΙΡΗΝΗ	CROSS TRAINING ΕΛΕΝΗ	FITBALL WORKOUT OPEN CLASS			STRENGTH TRAINING TEO	YOGA
20:00 - 21:00	STRENGTH TRAINING TEO	PILATES MAT ΕΙΡΗΝΗ	CROSS RIDER OPEN CLASS	KANGOO JUMPS	STRENGTH TRAINING TEO	GLUTES & CORE ΕΙΡΗΝΗ	CROSS RIDER OPEN CLASS	KANGOO JUMPS			CROSS TRAINING ΔΗΜΗΤΡΑ	MIND AND BODY
21:00 - 22:00	CROSS RIDER OPEN CLASS	GLUTES & CORE ΔΗΜΗΤΡΑ	CROSS TRAINING ΕΙΡΗΝΗ	FITBALL WORKOUT OPEN CLASS	CROSS TRAINING ΕΙΡΗΝΗ	AERIAL YOGA	CROSS TRAINING ΕΛΕΝΗ	GLUTES & CORE ΕΙΡΗΝΗ			CROSS TRAINING ΔΗΜΗΤΡΑ	GLUTES & CORE ΕΙΡΗΝΗ
22:00 - 23:00	CROSS TRAINING ΕΛΕΝΗ	CROSS TRAINING ΕΙΡΗΝΗ		CROSS TRAINING ΕΛΕΝΗ	CROSS TRAINING ΕΛΕΝΗ							


Personal Training Καθημερινά κατόπιν ραντεβού.

Pilates Reformer Καθημερινά 8:00-13:00 & 16:00-22:00, Σάββατο 09:00-14:00

Εθν. Αντιστάσεως 84, Χαλάνδρι.

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tel: 210 675 4109

Ώρες	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο					
7:30 - 8:30											
8:00 - 9:00	STRENGTH ΔΗΜΗΤΡΗΣ	FUSION OPEN CLASS	STRENGTH ΔΗΜΗΤΡΗΣ	FUSION OPEN CLASS	STRENGTH ΔΗΜΗΤΡΗΣ						
9:00 - 10:00		SPINNING		PILATES WUNDA ΝΙΚΟΛΑ		FUSION OPEN CLASS					
10:00 - 11:00	FITBALL WORKOUT OPEN CLASS	STRENGTH TEO	FITBALL WORKOUT OPEN CLASS	STRENGTH TEO	GLUTES & CORE ΝΙΚΟΛΑ	CROSS RIDER OPEN CLASS					
11:00 - 12:00		PILATES WUNDA ΓΕΩΡΓΙΑ				SPINNING					
12:00 - 13:00	STRENGTH ΔΗΜΗΤΡΗΣ	GLUTES & CORE ΔΗΜΗΤΡΑ	STRENGTH ΔΗΜΗΤΡΗΣ	GLUTES & CORE ΔΗΜΗΤΡΑ	STRENGTH ΔΗΜΗΤΡΗΣ	STRENGTH ΝΙΚΟΣ	GLUTES & CORE ΝΕΦΕΛΗ				
13:00 - 14:00											
14:00-15:00											
15:00 - 16:00	STRENGTH ΔΗΜΗΤΡΗΣ	FUSION OPEN CLASS	STRENGTH ΔΗΜΗΤΡΗΣ	FUSION OPEN CLASS	STRENGTH ΔΗΜΗΤΡΗΣ	FUSION OPEN CLASS					
16:00 - 17:00				PILATES MAT ΓΕΩΡΓΙΑ							
17:00 - 18:00	FUSION OPEN CLASS	GLUTES & CORE ΝΕΦΕΛΗ	FUSION OPEN CLASS	CROSS RIDER OPEN CLASS	FUSION OPEN CLASS	FUSION OPEN CLASS	FUSION OPEN CLASS				
18:00 - 19:00	FUSION OPEN CLASS	PILATES MAT ΓΕΩΡΓΙΑ	CROSS RIDER OPEN CLASS	FUSION OPEN CLASS	GLUTES & CORE ΝΕΦΕΛΗ	CROSS RIDER OPEN CLASS	PILATES MAT ΝΙΚΟΛΑ	GLUTES & CORE ΝΕΦΕΛΗ			
19:00 - 20:00	CROSS RIDER OPEN CLASS	FITBALL WORKOUT	STRENGTH TEO	GLUTES & CORE ΝΕΦΕΛΗ	FUSION OPEN CLASS	PILATES MAT ΙΩΑΝΝΑ	STRENGTH TEO	SPINNING	FUSION OPEN CLASS	AERIAL YOGA	
20:00 - 21:00	FUSION OPEN CLASS	GLUTES & CORE ΝΕΦΕΛΗ	STRENGTH TEO	SPINNING	CROSS RIDER OPEN CLASS	YOGA	STRENGTH TEO	SPINNING	FUSION OPEN CLASS	FITBALL WORKOUT	
21:00 - 22:00	FUSION OPEN CLASS	AERIAL YOGA	FUSION OPEN CLASS	GLUTES & CORE ΝΕΦΕΛΗ	FUSION OPEN CLASS	GLUTES & CORE ΝΕΦΕΛΗ	FUSION OPEN CLASS	BODY AND MIND	FUSION OPEN CLASS		
22:00 - 23:00	FUSION OPEN CLASS		FUSION OPEN CLASS		FUSION OPEN CLASS		FUSION OPEN CLASS				
<p>Personal Training Καθημερινά κατόπιν ραντεβού.</p> <p>Pilates Reformer Καθημερινά 8:00-13:00 &amp; 15:00-22:00, Σάββατο 09:00-14:00</p>											
<p>Λ. Μεσογείων 253, Νέο Ψυχικό. email: needforfitness@gmail.com tel: 211 111 3845</p>											