

	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
8:30πμ	Happy Morning Yoga		Happy Morning Yoga		Happy Morning Yoga	
9μμ		Mama's Yogilates		Ahimsa Yoga 50+		
10:30πμ	Prenatal Yoga	Baby Massage	Prenatal Yoga	Mum & Baby Yoga 3-9M	Mum & Baby Yoga 9-18M	Family Yoga 1.5-3 χρ.
11:30πμ						Pilates Mat
12μμ						
5μμ		Aerial Kids 5-10	Aerial Kids 5-10	Aerial Kids 5-10		
6μμ			Prenatal Yoga/DFB™			
6:15μμ		Aerial Teens 11-14		Aerial Teens 11-14		
7:00μμ						
7:30μμ		Aerial Yoga	Aerial Pilates	Aerial Yoga	Pilates Mat	
8:00μμ	Pilates Mat					
8:30μμ		Info: 6983079911		Flow Yoga		