

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

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