

SCHEDULE FOR [ADULTS] 2022-23

	Monday	Tuesday	Wednesday	Thursday	Friday										
7:45		Pilates Beginners 7:45 - 8:35 Pavli-na Tseriou Green	Pilates Beginners 7:45 - 8:35 Eleni Viantos Yellow		Pilates Beginners 7:45 - 8:35 Eleni Viantos Yellow										
8:00	Pilates Beginners 8:00 - 8:50 Pavlina Tseriou Purple		Pilates Beginners 8:00 - 8:50 Pavlina Tseriou Purple		Kangoo Jumps 8:00 - 8:50 Sotia Tseriou Purple										
8:15		Pilates Advanced 8:15 - 9:05 Eleni Viantos Red Viantos Yellow		Pilates Advanced 8:15 - 9:05 Pavlina Tseriou Blue Tseriou Purple											
8:30			Yoga 8:35 - 9:35 Eleni Viantos Red Viantos Yellow												
8:45															
9:00	Circuit 9:10 - 10:00 Eleni Viantos Red Viantos Yellow		Circuit 9:10 - 10:00 Eleni Viantos Red Viantos Yellow												
9:15															
9:30															
9:45		Zumba Adults 9:45 - 10:35 Eleni Viantos Red Viantos Yellow													
10:00															
10:15															
10:30															
10:45															
16:00	Pilates Beginners 16:00 - 17:00 Pavlina Viantos Red Viantos Yellow		Pilates Beginners 16:00 - 17:00 Pavlina Viantos Red Viantos Yellow												
16:15															
16:30															
16:45															
17:00	Circuit 17:00 - 17:50 Pavlina Viantos Red Viantos Yellow	Pilates Beginners 17:00 - 18:00 Pavlina Viantos Red Viantos Yellow	Circuit 17:00 - 17:50 Pavlina Viantos Red Viantos Yellow	Pilates Beginners 17:00 - 18:00 Pavlina Viantos Red Viantos Yellow											
17:15															
17:30															
17:45															
18:00	Pilates Intermediate 18:00 - 19:00 Pavlina Viantos Red Viantos Yellow	Zumba Adults 18:00 - 19:00 Daphne Viantos Violet	Class to be Announced 18:00 - 19:00 Eleni Tseriou Blue	STRONG by Zumba 18:00 - 18:50 Daphne Viantos Red Viantos Yellow	Pilates Beginners 18:00 - 19:00 Pavlina Viantos Violet	Ladies Style Latin Adults 18:00 - 19:00 Elena Tseriou Green	Bosu 18:00 - 19:00 Maria Tseriou Blue	Pilates Beginners 18:00 - 19:00 Pavli-na Viantos Violet	Pilates Intermediate 18:00 - 19:00 Eleni Viantos Red Viantos Yellow	Ballet Adults 18:00 - 19:00 Elena Tseriou Green	Zumba Adults 18:00 - 18:50 Daphne Viantos Red Viantos Yellow	Pilates Intermediate 18:00 - 19:00 Pavlina Viantos Violet	Class to be Announced 18:00 - 19:00 Eleni Tseriou Green	Pilates Beginners 18:00 - 19:00 Pavlina Viantos Red Viantos Yellow	Ballet Adults 18:00 - 19:00 Elena Tseriou Blue
18:15															
18:30															
18:45															
19:00	Kangoo Jumps 19:00 - 19:50 Sotia Tseriou Purple	Hip-Hop Adults 19:00 - 20:00 Rena Tseriou Green	Pilates Beginners 19:00 - 20:00 Pavli-na Viantos Yellow	Yoga 19:00 - 20:00 Eleni Viantos Violet	Pilates Advanced 19:00 - 20:00 Maria Viantos Red Viantos Yellow	Pilates Beginners 19:00 - 20:00 Pavlina Viantos Violet	Pilates Beginners 19:00 - 20:00 Eleni Tseriou Blue Tseriou Purple	Kangoo Jumps 19:00 - 19:50 Sotia Tseriou Purple	Pilates Beginners 19:00 - 20:00 Pavli-na Viantos Yellow	Yoga 19:00 - 20:00 Eleni Viantos Violet	Hip-Hop Adults 19:00 - 20:00 Rena Tseriou Green	Pilates Advanced 19:00 - 20:00 Maria Viantos Red Viantos Yellow	Pilates Beginners 19:00 - 20:00 Pavli-na Viantos Violet	Pilates Beginners 19:00 - 20:00 Eleni Tseriou Blue Tseriou Purple	Commercial-Heels Adults 19:00 - 20:00 Rena Tseriou Green
19:15															
19:30															
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											Contemporary Adults 20:00 - 21:00 Rena				