

SCHEDULE FOR [ ADULTS ] 2022-23

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30				Aerial Yoga 7:30 - 8:30	
7:45		Pilates Beginners 7:45 - 8:35	Pilates Beginners 7:45 - 8:35	Pilates Beginners 7:45 - 8:35	Pilates Beginners 7:45 - 8:35
8:00	Pilates Beginners 8:00 - 8:50		Kangoo Jumps 8:00 - 8:50	Pilates Beginners 8:00 - 8:50	Kangoo Jumps 8:00 - 8:50
8:15	Pilates Advanced 8:15 - 9:05			Pilates Advanced 8:15 - 9:05	
8:30		Pavlina Tseriou Green	Eleni Viantos Red	Eleni Tseriou Blue Tseriou Purple	
8:45	Pavlina Tseriou Blue Tseriou Purple		Sotia Tseriou Blue Tseriou Purple	Pavlina Tseriou Blue Tseriou Purple	
9:00	Circuit 9:10 - 10:00			Bosu 8:30 - 9:20	
9:15	Eleni Viantos Red Viantos Yellow	Aerial Yoga 9:00 - 10:00		Eleni Tseriou Blue Tseriou Purple	
9:30			Zumba Adults 9:30 - 10:20	Pilates Seniors 9:30 - 10:20	Zumba Adults 9:30 - 10:20
9:45	Eleni Viantos Red Viantos Yellow	Eleni Tseriou Blue Tseriou Purple		Eleni Viantos Red Viantos Yellow	Eleni Tseriou Blue Tseriou Purple
10:00	Pilates Seniors 10:00 - 10:50		Yoga 10:00 - 11:00	Eleni Tseriou Blue Tseriou Purple	Yoga 10:00 - 11:00
10:15		Sotia Tseriou Green		Sotia Tseriou Green	
10:30					
10:45	Eleni Viantos Red Viantos Yellow		Eleni Viantos Red Viantos Yellow		Eleni Tseriou Blue Tseriou Purple
15:30			Yoga 15:30 - 16:30		Yoga 15:30 - 16:30
15:45					
16:00	Pilates Beginners 16:00 - 17:00			Pilates Beginners 16:00 - 17:00	
16:15			Athina Viantos Violet		Athina Viantos Red Viantos Yellow
16:30					
16:45	Pavlina Viantos Red Viantos Yellow			Pavlina Viantos Red Viantos Yellow	
17:00	Circuit 17:00 - 17:50	Pilates Intermediate 17:00 - 18:00	Circuit 17:00 - 17:50	Pilates Beginners 17:00 - 18:00	Pilates Intermediate 17:00 - 18:00
17:15					
17:30					
17:45	Pavlina Viantos Red Viantos Yellow	Pavlina Viantos Red Viantos Yellow	Pavlina Viantos Red Viantos Yellow	Pavlina Viantos Red Viantos Yellow	Pavlina Viantos Red Viantos Yellow
18:00	Aerial Yoga 18:00 - 19:00	Pilates Intermediate 18:00 - 19:00	Zumba Adults 18:00 - 18:50	Pilates Beginners 18:00 - 19:00	Pilates Beginners 18:00 - 19:00
18:15					
18:30					
18:45	Eleni Tseriou Purple	Pavlina Viantos Red Viantos Yellow	Daphne Viantos Red Viantos Yellow	Maria Tseriou Green	Pavlina Viantos Violet
19:00	Kangoo Jumps 19:00 - 19:50	Hip-Hop Adults 19:00 - 20:00	Pilates Beginners 19:00 - 20:00	Yoga 19:10 - 20:10	Pilates Beginners 19:00 - 20:00
19:15					
19:30					
19:45	Sotia Tseriou Blue Tseriou Purple	Rena Tseriou Green	Pavlina Viantos Red Viantos Yellow	Eleni Tseriou Blue Tseriou Purple	Pavlina Viantos Red Viantos Yellow
20:00					
20:15					
20:30					
20:45					