

PILATES MAT / YOGA / FUNCTIONAL TRAINING

	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο
09:30	Pilates (props)		Pilates mat Basi ^(R)		Athletic Pilates	10:30 Pilates (props)
18:00	Pilates (props)					
19:00						
20:00		Pilates (props)	Functional training	Yoga		

Lessons take place both in Studio and via Zoom.