

	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ
10:00		TRX 30' (10:30)		TRX 30' (10:30)	
11:00		ZUMBA EMS		ZUMBA EMS	
18:00	ZUMBA KIDS JR ZUMBA EMS	ZUMBA KIDS JR (4-7) PILATES EMS	ZUMBA KIDS JR ZUMBA EMS	ZUMBA KIDS JR (4-7) PILATES EMS	EMS
19:00	ZUMBA KIDS (8-12) BARRE à TERRE (PILATES) EMS	ZUMBA KIDS (8-12) ZUMBA EMS	ZUMBA KIDS (8-12) BARRE à TERRE (PILATES)	ZUMBA KIDS (8-12) ZUMBA EMS	TRX 30' (19:30)
20:00	ZUMBA TRX 30' (20:30)	KANGOO Magic Boots EMS	ZUMBA TRX 30' (20:30)	KANGOO Magic Boots EMS	KANGOO Magic Boots EMS
21:00	YOGA TRX FUNCTIONAL 30'	ZUMBA TRX 30'	YOGA TRX FUNCTIONAL 30'	ZUMBA TRX 30'	