

caestus

fitness ▸ pilates

FITNESS ROOM

ΩΡΕΣ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
9:00-10:00				FITNESS MIXED TRAINING		
9:30-10:30	FITNESS CARDIO TRAINING					
10:00-11:00						
10:30-11:30						KICK BOXING KIDs
11:30-13:00						BOXING
13:00-14:00						GROUP PERSONAL
15:00-16:30	KICK BOXING	KICK BOXING	KICK BOXING	KICK BOXING	KICK BOXING	
16:45-17:45	BOXING KIDs	KICK BOXING KIDs	BOXING KIDs	KICK BOXING KIDs	BOXING KIDs	
18:00-19:00						CROSSFIT FAT LOSS TRAINING
18:00-19:00	GROUP PERSONAL	GROUP PERSONAL	GROUP PERSONAL	GROUP PERSONAL	LOWER BODY SCULPTING FITNESS	
19:00-20:00	TOTAL BODY FAT LOSS FITNESS	BOXING	CROSSFIT	FITNESS HIIT	BOXING	
20:00-21:00	LOWER BODY SCULPTING FITNESS	CROSSFIT MUSCULAR FITNESS	TOTAL BODY FAT LOSS FITNESS	BOXING TABATA	CROSS TABATA HIIT FAT LOSS	
21:00-22:00	BOXING Technique/Tactic	TRXtr CARDIO	BOXING Sparring	TRXtr STRENGTH & BALANCE	GROUP PERSONAL	

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PILATES STUDIO

ΩΡΕΣ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
8:30-9:30	PILATES STRETCHING	REFORMER	PILATES MAT	REFORMER	PILATES MAT	
11:30-12:30						PILATES MAT
12:30-13:30						PILATES EQUIPMENT
13:30-14:30						AERIAL YOGA
17:00-18:00	REFORMER	AERIAL YOGA KIDS 1	REFORMER	AERIAL YOGA KIDS 1		
18:00-19:00	PILATES EQUIPMENT	AERIAL YOGA KIDS 2	PILATES MAT	AERIAL YOGA KIDS 2	REFORMER	
19:00-20:00	PILATES STRETCHING	PILATES MAT	PILATES EQUIPMENT	PILATES MAT	PILATES STRETCHING	
19:30-20:30	REFORMER		REFORMER			
20:00-21:00		PILATES EQUIPMENT		PILATES EQUIPMENT	PILATES MAT	
20:30-21:30	PILATES MAT		PILATES STRETCHING			
21:00-22:00		PERSONAL GROUP		PERSONAL GROUP	PERSONAL GROUP	
21:30-22:30	PERSONAL GROUP		PERSONAL GROUP			
22:00-23:00				AERIAL YOGA		

Τα μαθήματα στα μωβ πλαίσια ενδέχεται να γίνονται παράλληλα με πρόγραμμα Reformer.

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