

SCHEDULE FOR [ADULTS] 2024-25

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Aerial Yoga 7:40 - 8:30 Eleni				
7:45			Pilates Intermediate 7:45 - 8:35 Pavlina	Pilates Intermediate 7:45 - 8:35 Eleni	
8:00	Pilates Beginners 8:10 - 9:00 Pavlina	Pilates Intermediate 7:45 - 8:35 Eleni	Yoga 7:45 - 8:35 Eleni	Pilates Intermediate 7:45 - 8:35 Pavlina	Pilates Intermediate 7:45 - 8:35 Eleni
8:15	Tseriou Purple Tseriou Blue	Tseriou Blue Tseriou Purple	Viantos Red Viantos Yellow	Tseriou Blue Tseriou Purple	Viantos Red Viantos Yellow
8:30	Pilates Seniors 8:40 - 9:30 Eleni		Pilates Beginners 8:10 - 9:00 Pavlina	Pilates Seniors 8:40 - 9:30 Eleni	Pilates Seniors 8:40 - 9:30 Eleni
8:45	Tseriou Green		Pilates Beginners 8:35 - 9:25 Pavlina	Pilates Seniors 8:40 - 9:30 Eleni	Pilates Seniors 8:40 - 9:30 Eleni
9:00					
9:15	Viantos Red Viantos Yellow		Kangoo Jumps 9:00 - 9:50 Sotia	Pilates Seniors 8:40 - 9:30 Eleni	Kangoo Jumps 9:00 - 9:50 Sotia
9:30	Circuit 9:30 - 10:20 Eleni		Tseriou Blue Tseriou Purple		
9:45			Circuit 9:30 - 10:20 Eleni		
10:00			Viantos Red Viantos Yellow		
10:15					
10:30					
10:45					
11:00					
15:00					
15:15					
15:30					
15:45					
16:00		Pilates Beginners 16:00 - 17:00 Pavlina			
16:15					
16:30					
16:45		Viantos Red Viantos Yellow			
17:00	Circuit 17:00 - 17:50 Pavlina	Pilates Intermediate 17:00 - 18:00 Pavlina	Circuit 17:00 - 17:50 Pavlina	Pilates Intermediate 17:00 - 18:00 Pavlina	Pilates Intermediate 17:00 - 18:00 Pavlina
17:15		Viantos Red Viantos Yellow	Viantos Red Viantos Yellow	Viantos Red Viantos Yellow	Viantos Red Viantos Yellow
17:30					
17:45					
18:00	Pilates Intermediate 18:00 - 19:00 Pavlina	Zumba Adults 18:00 - 18:50 Daphne	Pilates Beginners 18:00 - 19:00 Pavlina	Zumba Adults 18:00 - 18:50 Daphne	Pilates Intermediate 18:00 - 19:00 Pavlina
18:15	Yoga 18:40 - 19:40 Pavlina			Pilates Intermediate 18:00 - 19:00 Pavlina	Pilates Intermediate 18:00 - 19:00 Pavlina
18:30	Viantos Red Viantos Yellow	Viantos Red Viantos Yellow	Tseriou Blue Viantos Yellow	Viantos Red Viantos Yellow	Viantos Red Viantos Yellow
18:45					
19:00	Kangoo Jumps 19:00 - 19:50 Sotia	Pilates Intermediate 19:00 - 20:00 Maria	Pilates Intermediate 19:00 - 20:00 Pavlina	Commercial Adults 19:00 - 20:00 Rena	Pilates Intermediate 19:00 - 20:00 Maria
19:15	Tseriou Blue Viantos Violet	Pilates Intermediate 19:00 - 20:00 Maria	Pilates Intermediate 19:00 - 20:00 Pavlina	Yoga 19:10 - 20:10 Eleni	Pilates Intermediate 19:00 - 20:00 Maria
19:30		Ballet Adults 19:40 - 20:40 Eleni	Contemporary Adults 19:30 - 20:30 Eleni		Pilates Intermediate 19:00 - 20:00 Maria
19:45	Tseriou Purple Viantos Yellow				Pilates Intermediate 19:00 - 20:00 Maria
20:00	Contemporary Adults 20:00 - 21:00 Rena		Hip-Hop Adults Improvers 20:00 - 21:00 Rena		Pilates Intermediate 19:00 - 20:00 Maria
20:15					Pilates Intermediate 19:00 - 20:00 Maria
20:30	Tseriou Blue Viantos Violet				Pilates Intermediate 19:00 - 20:00 Maria
20:45	Tseriou Purple				Pilates Intermediate 19:00 - 20:00 Maria



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Schedule Updated: 22/07/2024