

NewU Pilates

	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
9.00-10.00	ΑΙΘ.1 EQUIPMENT ΑΙΘ.2 EQUIPMENT	ΑΙΘ.1 NewU	ΑΙΘ.1 EQUIPMENT ΑΙΘ.2 EQUIPMENT	ΑΙΘ.1 EQUIPMENT ΑΙΘ.2 EQUIPMENT	ΑΙΘ.1 EQUIPMENT ΑΙΘ.2 EQUIPMENT	
10.00-11.00	ΑΙΘ.1 NewU ΑΙΘ.2 EQUIPMENT	ΑΙΘ.2 EQUIPMENT	ΑΙΘ.1 EQUIPMENT	ΑΙΘ.1 NewU	ΑΙΘ.1 EQUIPMENT	ΑΙΘ.1 EQUIPMENT
11.00-12.00	ΑΙΘ.1 EQUIPMENT			ΑΙΘ.1 EQUIPMENT		
6.00-7.00	ΑΙΘ.1 EQUIPMENT ΑΙΘ.2 EQUIPMENT		ΑΙΘ.1 EQUIPMENT	ΑΙΘ.1 EQUIPMENT		
7.00-8.00	ΑΙΘ.1 NewU ΑΙΘ.2 EQUIPMENT	ΑΙΘ.1 NewU	ΑΙΘ.1 EQUIPMENT	ΑΙΘ.1 NewU	ΑΙΘ.1 MATWORK	
8.00-9.00	ΑΙΘ.1 EQUIPMENT	ΑΙΘ.1 EQUIPMENT	ΑΙΘ.1 NewU	ΑΙΘ.1 EQUIPMENT		
9.00-10.00	ΑΙΘ.1 EQUIPMENT		ΑΙΘ.1 EQUIPMENT	ΑΙΘ.1 EQUIPMENT		

**Το πρόγραμμα αφορά μόνο τα GROUP*

**Το NewU είναι συνδυασμός Matwork και Equipment*

Wellness through Movement