

Ώρες	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο	Κυριακή
9:15	Bouncing Pilates	BASI Systems		BASI Systems	BASI Systems	8:30 Mysore	
10:30		Pilates	BASI Systems	Alignment Yoga Pre postnatal	BASI Systems	Pilates	
11:45						Basi Systems	
17:00							
18:15	Alignment Yoga Pre postnatal	YogaSwings BASI Systems	Pre postnatal BASI Systems	BASI Systems Bouncing Pilates	Hatha Yoga BASI Systems		
19:30	BASI Systems	Ashtanga Yoga	Vinyasa Yoga		BASI Systems		
19:45	Pilates	BASI Systems Yoga Zoom	BASI Systems	Pilates Pilates Zoom			
21:00	BASI Systems	BASI Systems	BASI Systems Bouncing Pilates	BASI Systems			

