

On line Πρόγραμμα Νοεμβρίου

Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σαββάτο	Κυριακή
	1/11 19:45 Yoga	2/11 Bouncing	3/11 18:15 Bouncing 19:45 Pilates	4/11	5/11	6/11
7/11	8/11 19:45 Yoga	9/11 Bouncing	10/11 18:15 Bouncing 19:45 Pilates	11/11	12/11 19:30 Free online Pilates mat with Mariam Yunossi	13/11
14/11	15/11 19:45 Yoga	16/11 Bouncing	17/11 19:45 Pilates	18/11	19/11	20/11
21/11	22/11 19:45 Yoga	23/11 Bouncing	24/11 18:15 Bouncing 19:45 Pilates	25/11	26/11 17:00 Pilates mat with Jody Stern	27/11
28/11	29/11 19:45 Yoga	30/11 Bouncing				