

Από 08/07 έως 12/07

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--------------------------------|-----------------------------------|------------------------------|-------------------------------|--------------|----------|
| 9:00 | | BASI Systems | BASI Systems | BASI Systems | BASI Systems | |
| 10:10 | BASI Systems | Μάθημα Αξιολόγησης Στάσης Σώματος | BASI Systems | Pilates | BASI Systems | |
| 11:20 | | | | 11:10 + 30' Weights Exercises | | |
| 18:00 | BASI Systems | BASI Systems | BASI Systems | BASI Systems | | |
| 19:10 | | | | | | |
| 19:20 | Hybrid Pilates BASI Systems | Yoga | Μάθημα για το Πυελικό Έδαφος | Hybrid Yoga BASI Systems | | |
| 20:20 | + 30' Weights Exercise | | | | | |
| 20:30 | BASI Systems | BASI Systems | BASI Systems | Basi Systems | | |