

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Ενδυνάμωση	BASI Systems	BASI Systems	BASI Systems	BASI Systems
10:10	BASI Systems	Pilates	BASI Systems	Alignment Yoga	BASI Systems
11:20	Pre/Post Natal	Restorative Yoga	Yoga Swings	Pre/Post Natal	
13:00			Online Equipment		
16:50	Pre/Post Natal				
18:00	Alignment Yoga BASI Systems	BASI Systems	Ενδυνάμωση BASI Systems	BASI Systems	Hatha Yoga BASI Systems
19:20	(Hybrid) Pilates BASI Systems	Hatha Yoga BASI Systems	Pilates BASI Systems	(Hybrid) Soft Vinyasa Yoga BASI Systems	BASI Systems
20:30	BASI Systems	21:00 BASI Systems	BASI Systems	BASI Systems	