



Ώρες	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο					
7:30 - 8:30											
8:00 - 9:00	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	PILATES MAT	CROSS TRAINING	STRENGTH					
9:00 - 10:00		SPINNING			SPINNING	CROSS TRAINING					
10:00 - 11:00	GLUTES & CORE	CROSS TRAINING	FUSION OPEN CLASS	CROSS TRAINING	PILATES WUNDA	GLUTES & CORE					
11:00 - 12:00						SPINNING					
12:00 - 13:00	STRENGTH	PILATES WUNDA	FITBALL WORKOUT OPEN CLASS	STRENGTH	FITBALL WORKOUT OPEN CLASS	CROSS TRAINING	GLUTES & CORE	CROSS RIDER			
13:00 - 14:00						CROSS TRAINING	PILATES MAT				
14:00-15:00											
15:00 - 16:00	CROSS TRAINING	GLUTES & CORE	CROSS TRAINING	GLUTES & CORE	FITBALL WORKOUT OPEN CLASS	CROSS TRAINING					
16:00 - 17:00											
17:00 - 18:00	CROSS TRAINING	CROSS TRAINING	PILATES WUNDA	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	FITBALL WORKOUT	CROSS TRAINING			
18:00 - 19:00	CROSS TRAINING	PILATES MAT	GLUTES & CORE	CROSS TRAINING	FITBALL WORKOUT	CROSS TRAINING	GLUTES & CORE				
19:00 - 20:00	GLUTES & CORE	FITBALL WORKOUT	STRENGTH	SPINNING	CROSS TRAINING	PILATES MAT	STRENGTH		SPINNING	CROSS TRAINING	AERIAL YOGA
20:00 - 21:00	STRENGTH	SPINNING	CROSS TRAINING	SPINNING	GLUTES & CORE	YOGA	CROSS TRAINING		SPINNING	CROSS TRAINING	
21:00 - 22:00	CROSS TRAINING	AERIAL YOGA	GLUTES & CORE	CROSS TRAINING	PILATES WUNDA	FUSION	CROSS TRAINING				
22:00 - 23:00	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING								
Personal Training Καθημερινά κατόπιν ραντεβού. Pilates Reformer Καθημερινά 8:00-13:00 & 16:00-22:00, Σάββατο 09:00-14:00				Λ. Μεσογείων 253, Νέο Ψυχικό. email: needforfitness@gmail.com tel: 211 111 3845							

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7:30 - 8:30												
8:00 - 9:00	STRENGTH TRAINING		CROSS TRAINING		STRENGTH TRAINING	PILATES MAT	CROSS TRAINING		CROSS TRAINING	PILATES MAT		
9:00 - 10:00					SPINNING		PILATES WUNDA					
10:00 -11:00	FUSION <i>OPEN CLASS</i>	YOGA	CROSS TRAINING		GLUTES & CORE		CROSS TRAINING		GLUTES & CORE		GLUTES & CORE	
11:00 - 12:00			PILATES WUNDA							SPINNING		
12:00 - 13:00	PILATES MAT		GLUTES & CORE		CROSS TRAINING		GLUTES & CORE		CROSS TRAINING		CROSS TRAINING	
13:00 - 14:00											PILATES MAT	
14:00-15:00												
15:00 - 16:00	CROSS TRAINING		GLUTES & CORE		CROSS TRAINING		GLUTES & CORE		CROSS TRAINING		CROSS TRAINING	
16:00 - 17:00												
17:00 -18:00	CROSS TRAINING		CROSS TRAINING		CROSS TRAINING		CROSS TRAINING		GLUTES & CORE		CROSS TRAINING	SPINNING
18:00 - 19:00	FUSION	PILATES WUNDA	PILATES MAT	GLUTES & CORE	GLUTES & CORE	SPINNING	PILATES MAT		CROSS TRAINING	SPINNING	 NEED FOR FITNESS	
19:00 - 20:00	FITBALL WORKOUT	SPINNING	CROSS TRAINING	YOGA	FUSION		CROSS TRAINING	YOGA	FITBALL WORKOUT	SPINNING		
20:00 -21:00	GLUTES & CORE	SPINNING	STRENGTH TRAINING	KANGOO JUMPS	FITBALL WORKOUT	SPINNING	STRENGTH TRAINING	KANGOO JUMPS	GLUTES & CORE	PILATES WUNDA		
21:00 - 22:00	CROSS TRAINING		GLUTES & CORE	BOXING	CROSS TRAINING	AERIAL YOGA	GLUTES & CORE	BOXING	CROSS TRAINING			
22:00 - 23:00	CROSS TRAINING		CROSS TRAINING					CROSS TRAINING				
Personal Training Καθημερινά κατόπιν ραντεβού. Pilates Reformer Καθημερινά 8:00-13:00 & 16:00-22:00, Σάββατο 09:00-14:00						Εθν. Αντιστάσεως 84, Χαλάνδρι. email: needforfitness@gmail.com tel: 210 675 4109						