CARDIO
STRENGTH
WELLNESS
ΠΑΡΑΔΟΣΙΑΚΟΙ ΧΟΡΟΙ

YAVA EXCLUSIVE FITNESSCENTER

	MON	TUE	WED	THU	FRI	SAT
09:00	HIPS & ABS	PILATES				
10:00	PILATES	TUMBAO	TOTAL BODY	HIPS & ABS	PILATES	
11:00			YOGA	PILATES	TOTAL BODY	
17:00						ZUMBA
18:00	PILATES		HIPS & ABS	PILATES	YOGA	
19:00	TOTAL BODY	PILATES	PILATES	TUMBAO	TOTAL BODY	
20:00	ZUMBA	HIPS & ABS	AFRO DANCE	YOGA	PILATES	
21:00		ΠΑΡΑΔΟΣΙΑΚΟΙ ΧΟΡΟΙ		TOTAL BODY	AFRO DANCE	