

Programme 2016-2017

27/03/2017 - 01/04/2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio Pilates	By Appointment						
Ballet Adults	16:30 - 18:00 Vougioukli Vasia		16:30 - 18:00 Vougioukli Vasia		17:00 - 18:30 Metaxopoulos Kosmas		
Contemporary Dance		19:00 - 20:30 Voutsina Efrosini Open		19:00 - 20:30 Voutsina Efrosini Open	18:30 - 20:00 Huguet Pauline Beginners		
Capoeira Adults	20:30 - 21:30 Professor Dudu Beginners 21:30 - 22:45 Professor Dudu Advanced	21:30 - 22:45 Professor Dudu Open	20:30 - 21:30 Professor Dudu Beginners 21:30 - 22:45 Professor Dudu Advanced	21:30 - 22:45 Professor Dudu Open	20:00 - 21:00 Professor Dudu Beginners & Advanced 21:00 - 22:00 Professor Dudu roda		
Vinyasa Flow Yoga	19:00 - 20:30 Tiliopoulou Marianna		19:00 - 20:30 Tiliopoulou Marianna				
Dynamic Hatha Yoga						13:00 - 14:30 Korelli Eleni	
Body Conditioning	11:00 - 12:00 Voutsina Efrosini	18:00 - 19:15 Voutsina Efrosini	11:00 - 12:00 Voutsina Efrosini	18:00 - 19:15 Voutsina Efrosini	12:00 - 13:00 Voutsina Efrosini		
Samba						16:00 - 17:15 Antonucci Gislene Ausech	
Barre Physique	18:00 - 19:00 Arvanitaki Zoi		18:00 - 19:00 Arvanitaki Zoi				
Aerial Hoop						14:30 - 16:00 Petrochilou Myrto Available from October 2016	
Capoeira Fitness		20:30 - 21:30 Professor Dudu		20:30 - 21:30 Professor Dudu			
Ballet for Kids		17:00 - 18:00 Arvanitaki Zoi		17:00 - 18:00 Arvanitaki Zoi			
Ballet for Infants				16:00 - 17:00 Arvanitaki Zoi			
Capoeira for Kids		16:00 - 17:00 Professor Dudu				12:00 - 13:00 Professor Dudu	
Capoeira for Infants						11:00 - 12:00 Professor Dudu	
Aerial Hoop for Kids						10:00 - 11:00 Petrochilou Myrto Interest request is necessary	

pilatesdance.gr tel-fax:2107232379

For studio pilates classes contact us at info@pilatesdance.gr

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