



MPF SEPOLIA 1

ΠΡΟΓΡΑΜΜΑ 2026-27

ΩΡΕΣ/ ΜΕΡΕΣ	ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
09:00	STRENGTH TRAINING	PILATES MAT	STRENGTH TRAINING	PILATES MAT	MPF BANGEE	
10:00 Αίθουσα 1 & 2	TABATA	STRENGTH TRAINING	FUNCTIONAL MPF IMANTEΣ	CROSS TRAINING	STRENGTH TRAINING	PILATES STRENGTH
						FUNCTIONAL MPF IMANTEΣ
11:00 Αίθουσα 1 & 2						PILATES MPF LASTIX
						STRENGTH TRAINING
17:00 Αίθουσα 1		PILATES STRENGTH		PILATES FITBALLS	PILATES FOAM	
18:00 Αίθουσα 1 & 2	FUNCTIONAL MPF IMANTEΣ	STRENGTH TRAINING	FUNCTIONAL MPF KINETIC	CROSS TRAINING	STRENGTH TRAINING	
	PILATES MPF LASTIX	PILATES FIT BALLS	PILATES MPF STICK	PILATES STRENGTH	PILATES RINGS	
19:00 Αίθουσα 1 & 2	STRENGTH TRAINING	CROSS TRAINING	STRENGTH TRAINING	TABATA	STRENGTH TRAINING	
	PILATES FOAM	PILATES RINGS	PILATES IMANTEΣ	PILATES BANDS	PILATES FIT BALLS	
20:00 Αίθουσα 1 & 2	STRENGTH TRAINING	FUNCTIONAL MPF BANGEE	STRENGTH TRAINING	STRENGTH TRAINING	FUNCTIONAL MPF POWER X3	
	PILATES IMANTEΣ	YOGA	PILATES STRETCHING	YOGA	YOGA	
21:00 Αίθουσα 2	FUNCTIONAL MPF KINETIC	STRENGTH TRAINING	FUNCTIONAL MPF IMANTEΣ			