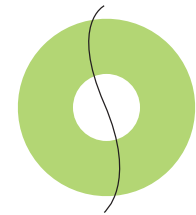


ECLECTIC LIVING  
THE ECALI CLUB  
EST 1971

# THE ECALI CLUB SPORTS HALL SEPTEMBER 2017 - MAY 2018



THE ECALI CLUB SPORTS  
SPORTS

## GYM PROGRAMME

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 10:00	HATHA YOGA ANTA GYM	PILATES MARIA GYM	VINYASA FLOW YOGA ANTA GYM	TRX TRAINING KOSTIS GYM	SWEDISH CHRISTOS GYM		
10:00 - 11:00	HIPS & ABS KOSTIS GYM (10:30 - 11:30)	PILATES MARIA GYM	PILATES BASI ELEONORA GYM	BODY TONE KOSTIS GYM	SWEDISH CHRISTOS GYM		
11:00 - 12:00							
12:00 - 13:00							
13:00 - 14:00							
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00							PILATES BED  CHAIR  BARREL upon request ELEONORA PILATES STUDIO
17:00 - 18:00							
18:00 - 19:00							
19:00 - 20:00	PILATES MARIA GYM	SWEDISH CHRISTOS GYM	PILATES MARIA GYM	SWEDISH CHRISTOS GYM	INTERVAL TRAINING KOSTIS GYM		
20:00 - 21:00	SWEDISH CHRISTOS GYM	PILATES BASI ELEONORA GYM		TRX TRAINING KOSTIS GYM			