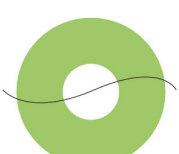




ECLECTIC LIVING
THE ECALI CLUB
EST 1971

THE ECALI CLUB SPORTS HALL

ADULT GROUP PROGRAM



THE ECALI CLUB
SPORTS

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING LESSONS							
09:00 - 09:50		TRX / Kettlebell F Training Mini Group P	Body weights training / Functional Mini Group P	TRX / Kettlebell F Training Mini Group P			Ecali Club Running Group 5 / 8 / 10 or more km
10:00 - 10:50	Body weights exercise / Body Tonic	Pilates Mat Mini ball, Fit ball, Bands, Tony Balls, Rings)	Yoga Vinyasa Mini Group P	Dynamic and Rehabilitation Stretching	Power/Strength Total Body Work out	Yoga Vinyasa Mini Group P	
AFTERNOON LESSONS							
17:00 - 18:15						Performance Training for tennis / Coordination / Rehabilitation and elastic movement	
19:00 - 19:50	Executive Pilates Mat Mini Group P		Executive Pilates Mat Mini Group P				
19:30 - 20:20		Swedish All time classic work out		Swedish All time classic work out			
20:00 - 20:50	Swedish All time classic work out						
21:00 - 22:00	Commercial Hip Hop		Yoga Vinyasa Mini Group P				



VAIOS SKIVALIDAS
HEAD COACH AND FITNESS SPECIALIST - ECALI SPORTS CLUB
Tel: 6948086138 Email: vskivfit@gmail.com

ΠΑΗΡΟΦΟΡΕΙΣ
στη Γραμματεία του Γυμναστηρίου
και στο τηλέφωνο **698 7336337**