

Pilates Schedule

STRETCH&RELAX
massage & pilates boutique

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	Alexandra	Alexandra	Alexandra	Alexandra	Alexandra	09:00 Marios or Theodora or	Personal only
9:30	Alexandra	Alexandra	Alexandra	Alexandra	Alexandra	10:00 Alexandra	
						11:00	
11:00	Alexandra	Alexandra	Alexandra	Alexandra	Alexandra	12:00	
12:00	Alexandra	Alexandra	Alexandra	Alexandra	Alexandra		
16:30	Theodora	Marios	Theodora	Marios	Theodora		
17:30	Theodora	Marios	Theodora	Marios	Theodora		
19:00	Theodora	Marios	Theodora	Marios	Theodora		
20:00	Theodora	Marios	Theodora	Marios	Theodora		

Glyfada

18, GR. LAMPRAKI STR.,
166 75 GLYFADA, ATHENS
(NEXT TO GLYFADA NESPRESSO)



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Contact us for
your training

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VOICE, WHATSAPP, VIBER