



MANTA RAY

WEEKLY SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|---------------------------------------|-------------------------------|---------------------------------------|-------------------------------|-------------------------------|-------------------------------|
| 08:00-09:00 | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group | |
| 09:00-10:00 | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group | |
| 10:00-11:00 | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group & TRX | Pilates Equipment Group & TRX |
| 11:00-12:00 | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group |
| 12:00-13:00 | Personal | Personal | Stretching Group | Personal | Personal | Pilates Equipment Group |
| 13:00-14:00 | Personal | Personal | Personal | Personal | Personal | Pilates Equipment Group |
| 14:00-15:00 | Personal | Personal | Personal | Personal | Personal | |
| 15:00-16:00 | Personal | Personal | Personal | Personal | | |
| 16:00-17:00 | Personal | Personal | Personal | Personal | | |
| 17:00-18:00 | Pilates Equipment Group | Pilates Equipment Group | Pilates Equipment Group & Aerial Kids | Pilates Equipment Group | | |
| 18:00-19:00 | Pilates Equipment Group & Aerial Kids | Pilates Equipment Group | Pilates Equipment Group & Yoga | Pilates Equipment Group | | |
| 19:00-20:00 | Pilates Equipment Group & Aerial Yoga | Pilates Equipment Group | Pilates Equipment Group & Aerial Yoga | Pilates Equipment Group | | |
| 20:00-21:00 | Pilates Equipment Group & Yoga | Pilates Equipment Group & TRX | Pilates Equipment Group | Pilates Equipment Group & TRX | | |

Cancellation Policy: Life in Athens can be unpredictable with unexpected meetings, tight deadlines, as well as fun outings the night before!

Thank you for respecting our waitlisted clients and honouring our strict 6-hour cancellation policy for classes.

Keep in Mind: If you arrive more than 10 minutes late, you will not be permitted to join the class.

Don't forget to bring your personal towel and your grippy socks! **MANTA RAY | Spetsippou 14 Kolonaki, PC. 10675 | T. 2107255552**