MANTA RAY

WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00-09:00	Pilates Equipment Group	Pilates Equipment Group	Pilates Equipment Group & Functional Training	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	Pilates Equipment Group & Functional Training
10:00-11:00	Pilates Equipment Group	Pilates Equipment Group	Pilates Equipment Group & Functional Training	Pilates Equipment Group	Pilates Equipment Group & Functional Training	Pilates Equipment Group & Functional Training
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	Stretching Group	Personal	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	Personal	
16:00-17:00	Personal	Personal	Personal	Personal	Personal	
17:00-18:00	Pilates Equipment Group	Pilates Equipment Group	Pilates Equipment Group & Abs & Glutes	Pilates Equipment Group	Pilates Equipment Group	
18:00-19:00	Pilates Equipment Group & Pilates Mat	Pilates Equipment Group & Barre A Terre	Pilates Equipment Group	Pilates Equipment Group & Barre A Terre	Pilates Equipment Group	
19:00-20:00	Pilates Equipment Group	Pilates Equipment Group	Pilates Equipment Group	Pilates Equipment Group	Pilates Equipment Group	
20:00-21:00	Pilates Equipment Group & Abs & Glutes	Pilates Equipment Group & Functional Training	Pilates Equipment Group & Pilates Mat	Pilates Equipment Group & Functional Training	Pilates Equipment Group	

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** | **Spefsippou 14 Kolonaki, PC. 10675** | T. 2112347866 , +30 6984685872 (WhatsApp)