



MANTA RAY | **WEEKLY SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00-09:00	Reformer Springboard	Reformer Springboard	Reformer Springboard	Reformer Springboard	Reformer Springboard	
09:00-10:00	Reformer Springboard/ Personal	Reformer Springboard/ Personal	Personal	Reformer Springboard/ Personal	Reformer Springboard/ Personal	
10:00-11:00	Reformer Springboard/ Personal	Reformer Springboard/ Personal	Personal	Reformer Springboard/ Personal	Reformer Springboard/ Personal	Reformer Springboard
11:00-12:00	Personal	Reformer Springboard/ Personal	Personal	Reformer Springboard/ Personal	Stretching	Reformer Springboard
12:00-13:00	Personal	Personal	Personal	Personal	Personal	Reformer Springboard
13:00-14:00	Personal	Personal	Personal	Personal	Personal	Reformer Springboard
14:00-15:00	Personal	Personal	Personal	Personal	Personal	Reformer Springboard
15:00-16:00	Personal	Personal	Personal	Personal		
16:00-17:00	Personal	Personal	Personal	Personal		
17:00-18:00	Reformer Springboard/ Personal	Reformer Springboard/ Personal	Reformer Springboard	Reformer Springboard/ Personal		
18:00-19:00	Reformer Springboard/ Personal/ Aerial Yoga KIDS	Reformer Springboard/ Personal	Reformer Springboard/ Yoga	Reformer Springboard/ Personal		
19:00-20:00	Reformer Springboard/ Personal/ Aerial Yoga	Stretching	Reformer Springboard/ Aerial Yoga	Reformer Springboard/ Personal		
20:00-21:00	Reformer Springboard/ Personal	Reformer Springboard/ Functional	Reformer Springboard	Reformer Springboard/ Functional		

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 24-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!

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