

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30		Premier*	Premier *		Premier*	Premier*
11:30		Premier*			Premier*	Pilates Functional
18:00	Kids Yoga	Pilates Barre	Hatha Yoga	Pilates TRX	18:30	Training programme for teachers • Yoga Alliance • Yoga Works • Power Pilates
	Premier*		Premier* Restorative		Yin Yoga Restorative	
19:00	Hatha Yoga	Vinyasa Yoga	Pilates	Pilates Restorative	19:30	
	Premier* Restorative	Premier*			Premier* Restorative	
20:00	Pilates	Premier*	Yoga Swings	Vinyasa Yoga		
		20:30	Premier*	Premier*		
21:00	Premier*	Contemporary Dance		Premier*		

Premier: Dynamic class in pilates reformers equipment and suspension training.

Functional: Dynamic Pilates

Barre: Intensive Pilates exercise program on the bar for legs and buttocks

Pilates: Mat courses with foam rollers, fitballs, gymsticks, magic rings, therabands.

Yin yoga:Therapeutic Yoga exercise

Yoga swings: Yoga acrobatic techniques using the yoga swings.

Restorative: Therapeutic injuries rehabilitation course / pregnancy.

Kids: (ballet, tik tok dance and yoga swings)Courses for kids

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Pilates Yoga Dance