



THE ECALI CLUB
EST. 1971

THE ECALI CLUB SPORTS HALL SEPTEMBER 2016 - MAY 2017 PROGRAMME



THE ECALI CLUB
SPORTS HALL

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 10:00	HATHA YOGA ANTA GYM	SWEDISH CHRISTOS GYM	VINYASA FLOW YOGA ANTA GYM	TRX TRAINING KOSTIS GYM	PILATES RINGS CHRISTIANA GYM	-	-
10:00 - 11:00	PILATES WEIGHTS CHRISTIANA GYM	SWEDISH CHRISTOS GYM	HIPS & ABS KOSTIS GYM	BODY TONE KOSTIS GYM	PILATES FITBALL CHRISTIANA GYM	HATHA YOGA 10:00 - 11:30 ANTA GYM	-
11:00 - 12:00	-	-	-	-	-	KARATE 11:30 - 12:30 KONSTANTINOS - GYM YELLOW ORANGE GREEN BELTS	PING PONG SOCIETY 11:00 - 13:00 IRO PING PONG ROOM
12:00 - 13:00	-	KARATE FOR ADULTS KONSTANTINOS GYM	-	-	KARATE FOR ADULTS KONSTANTINOS GYM		
13:00 - 14:00	-	-	-	-	-	KARATE 12:30 - 13:30 KONSTANTINOS - GYM BLUE BROWN BLACK BELTS	-
14:00 - 15:00	-	-	-	-	-		HATHA YOGA 13:30 - 14:30 ANTA GYM
15:00 - 16:00	-	-	-	-	-	FENCING 13:30 - 14:30 KONSTANTINOS VAGGELIS PING PONG ROOM	-
16:00 - 17:00	-	KARATE KONSTANTINOS - GYM WHITE YELLOW BELTS	-	KARATE KONSTANTINOS - GYM WHITE YELLOW BELTS	-	-	-
17:00 - 18:00	GYMNASTICS GEORGIA GYM	KARATE KONSTANTINOS - GYM ORANGE GREEN BELTS	GYMNASTICS GEORGIA GYM	KARATE KONSTANTINOS - GYM ORANGE GREEN BELTS	GYMNASTICS GEORGIA GYM	-	-
18:00 - 19:00	GYMNASTICS GEORGIA GYM	KARATE KONSTANTINOS - GYM BLUE BROWN BLACK BELTS	GYMNASTICS GEORGIA GYM	KARATE KONSTANTINOS - GYM BLUE BROWN BLACK BELTS	GYMNASTICS GEORGIA GYM	-	-
19:00 - 20:00	HATHA YOGA ANTA GYM	PILATES MINI BALLS GYM	PILATES CHRISTIANA GYM	TRX TRAINING KOSTIS GYM	INTERVAL TRAINING KOSTIS GYM	-	-
20:00 - 21:00	SWEDISH CHRISTOS GYM	SWEDISH 20:00 - 20:55 CHRISTOS GYM	-	SWEDISH CHRISTOS GYM	CHESSE FOR KIDS 19:00 - 20:30 KOSTIS PING-PONG ROOM	-	-
21:00 - 22:00	-	-	-	CHESSE FOR ADULTS 20:30 - 22:00 KOSTIS TV ROOM	-	-	-

PILATES BED | CHAIR | BARREL upon request ELEONORA PILATES STUDIO