

My
course
calendar

2026

2027



ΠΡΟΓΡΑΜΜΑ
ΑΘΗΝΑΣ 26-27

	ΣΕΜΙΝΑΡΙΑ	ΣΕΠΤΕΜΒΡΙΟΣ	ΟΚΤΩΒΡΙΟΣ	ΝΟΕΜΒΡΙΟΣ	ΔΕΚΕΜΒΡΙΟΣ	ΙΑΝΟΥΑΡΙΟΣ	ΦΕΒΡΟΥΑΡΙΟΣ	ΜΑΡΤΙΟΣ	ΑΠΡΙΛΙΟΣ	ΜΑΙΟΣ	ΙΟΥΝΙΟΣ	ΙΟΥΛΙΟΣ
	RELAX MASSAGE	16-17-18, 23-24-25 9:00 - 13:30	10-11, 17-18 9:00 - 16:00	18-19-20, 25-26-27 9:00 - 13:30		9-10-16-17 9:00 - 16:00			10-11, 17-18 9:00 - 16:00	8-9. 15-16 9:00 - 16:00		6-7-8-9 9:00 - 16:00
ΚΑΘΗΜΕΡΙΝΕΣ	DEEP TISSUE MASSAGE	16-17-18, 23-24-25 9:00 - 13:30		7-8, 14-15 9:00 - 16:00		13-14-15, 20-21-22 9:00 - 13:30	20-21, 27-28 9:00 - 16:00	31 9:00 - 13:30	1-2, 7-8-9 9:00 - 13:30	22-23, 29-30 9:00 - 16:00		13-14-15-16 9:00 - 16:00
ΣΑΒΒΑΤΟΚΥΡΙΑΚΑ	SPORTS MASSAGE	19-20, 26-27 9:00 - 16:00	14-15-16, 21-22-23 9:00 - 13:30		5-6, 12-13 9:00 - 16:00		17-18-19, 24-25-26 9:00 - 13:30		17-18, 24-25 9:00 - 16:00		5-6, 12-13 9:00 - 16:00	20-21-22-23 9:00 - 16:00
1ος Κύκλος	MYO FUNCTIONAL MASSAGE		24-25, 31 9:00 - 16:00	1 9:00 - 16:00	9-10-11, 16-17-18 9:00 - 13:30		6-7, 13-14 9:00 - 16:00		14-15-16, 21-22-23 9:00 - 13:30		15-16-17, 22-23-24 9:00 - 13:30	
ΗΑΜΜΑΜ THERAPIST	THAI MASSAGE		3-4, 10-11 9:00 - 16:00	4-5-6, 11-12-13 9:00 - 13:30		9-10, 16-17 9:00 - 16:00		6-7, 20-21 9:00 - 16:00		19-20-21, 26-27-28 9:00 - 13:30		
ΘΕΩΡΙΑ: 14-15/11 09:00 - 16:00 ΠΡΑΚΤΙΚΗ: 16-17-18-20/11 8:30-12:30 - POLIS HAMMAM	PREGNANT MASSAGE		3-4-5 9:00 - 16:00		19-20-21 9:00-16:00			3-4-5 9:00 - 16:00		8-9-10 9:00 - 16:00	30 9:00 - 16:00	1-2 9:00 - 16:00
2ος Κύκλος	ΛΕΜΦΙΚΟ MASSAGE	19-20, 26-27 9:00 - 16:00		21-22, 28-29 9:00 - 16:00		9-10, 16-17 9:00 - 16:00		10-11-12, 17-18-19 9:00 - 13:30		8-9, 15-16 9:00 - 16:00	12-13, 26-27 9:00 - 16:00	
ΗΑΜΜΑΜ THERAPIST	AROMATHERAPY			21-22, 28-29 (ΔΙΑ ΖΩΣΗΣ) 9:00 - 16:00				27-28 (ONLINE) 9:00 - 16:00	3-4 (ONLINE) 9:00 - 16:00			
ΘΕΩΡΙΑ: 19-20/02 09:00 - 16:00 ΠΡΑΚΤΙΚΗ: 21-22-23-24-25/02 8:30-12:30 - POLIS HAMMAM	PROFESSIONAL MYO CUPPING			26-27 9:00 - 16:00		23-24 9:00 - 16:00			3-4 9:00 - 16:00		26-27 9:00 - 16:00	
	TRIGGER POINTS		22-23 9:00 - 16:00		19-20 9:00 - 16:00			27-28 9:00 - 16:00		20-21 9:00 - 16:00		
	LOMI LOMI				5-6, 12-13 9:00 - 16:00				3-4, 10-11 9:00 - 16:00			
	REJUVANCE					23-24, 30-31 9:00 - 16:00				22-23, 29-30 9:00 - 16:00		
	THAI YOGA			14-15 9:00 - 16:00		30-31 9:00 - 16:00		27-28 9:00 - 16:00				
	ΑΡΧΑΙΑ ΕΛΛΗΝΙΚΗ ΜΑΛΑΞΗ			7-8 9:00 - 16:00					24-25 9:00 - 16:00			
	ΑΙΣΘΗΤΙΚΗ ΣΩΜΑΤΟΣ						20-21, 27-28 9:00 - 16:00	6-7, 20-21 9:00 - 16:00	14-15-16, 21-22-23 9:00 - 13:30	5-6-7, 12-13-14 9:00 - 13:30		
	ΑΙΣΘΗΤΙΚΗ ΠΡΟΣΩΠΟΥ		24-25, 31 9:00 - 16:00	1, 21-22, 28-29 9:00 - 16:00	5-6 9:00 - 16:00	20-21-22, 27-28-29 9:00 - 13:30	3-4-5, 10-11-12, 17-18-19 9:00 - 13:30					
	BUCCAL LIFT UP SCULPTING				19-20 9:00 - 16:00							
	ADVANCED ANTICELL				12-13-14 9:00 - 15:00		13-14-15 9:00 - 15:00					
	ADVANCED ANTIAGE	GUA SHA	18 9:00 - 15:00				25 9:00 - 15:00				6 9:00 - 15:00	
		FACE LIFT UP	17 9:00 - 15:00				24 9:00 - 15:00				5 9:00 - 15:00	
		NATURAL	19 9:00 - 15:00				26 9:00 - 15:00				7 9:00 - 15:00	
	INDIAN						6-7 9:00 - 16:00					
	B.L.D ΛΕΜΦΙΚΟ								24-25 9:00 - 15:00			

ΣΕΠΤΕΜΒΡΙΟΣ						
ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
		RELAX 9:00-13:30	RELAX 9:00-13:30	RELAX 9:00-13:30	ΛΕΜΦΙΚΟ 9:00-16:00	ΛΕΜΦΙΚΟ 9:00-16:00
		DEEP TISSUE 9:00-13:30	DEEP TISSUE 9:00-13:30	DEEP TISSUE 9:00-13:30	SPORTS 9:00-16:00	SPORTS 9:00-16:00
21	22	23	24	25	26	27
		RELAX 9:00-13:30	RELAX 9:00-13:30	RELAX 9:00-13:30	ΛΕΜΦΙΚΟ 9:00-16:00	ΛΕΜΦΙΚΟ 9:00-16:00
		DEEP TISSUE 9:00-13:30	DEEP TISSUE 9:00-13:30	DEEP TISSUE 9:00-13:30	SPORTS 9:00-16:00	SPORTS 9:00-16:00
28	29	30				

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ΟΚΤΩΒΡΙΟΣ						
ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
			1	2	3	4
					PREGNANT 9:00-16:00	PREGNANT 9:00-16:00
					THAI 9:00-16:00	THAI 9:00-16:00
5	6	7	8	9	10	11
PREGNANT 9:00-16:00					RELAX 9:00-16:00	RELAX 9:00-16:00
					THAI 9:00-16:00	THAI 9:00-16:00
12	13	14	15	16	17	18
		SPORTS 9:00-13:30	SPORTS 9:00-13:30	SPORTS 9:00-13:30	RELAX 9:00-16:00	RELAX 9:00-16:00
					FACE LIFT UP 9:00-15:00	GUA SHA 9:00-15:00
19	20	21	22	23	24	25
NATURAL 9:00-15:00			TRIGGER 9:00-16:00	TRIGGER 9:00-16:00	ΑΙΣΘ (Π) 9:00-16:00	ΑΙΣΘ (Π) 9:00-16:00
		SPORTS 9:00-13:30	SPORTS 9:00-13:30	SPORTS 9:00-13:30	FUNCTIONAL 9:00-16:00	FUNCTIONAL 9:00-16:00
26	27	28	29	30	31	
					ΑΙΣΘ (Π) 9:00-16:00	
					FUNCTIONAL 9:00-16:00	

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ΝΟΕΜΒΡΙΟΣ						
ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
						1 ΑΙΣΘ (Π) 9:00-16:00 FUNCTIONAL 9:00-16:00
2	3	4	5	6	7	8
		THAI 9:00-13:30	THAI 9:00-13:30	THAI 9:00-13:30	DEEP TISSUE 9:00-16:00	DEEP TISSUE 9:00-16:00
					ΑΡΧΑΙΑ 9:00-16:00	ΑΡΧΑΙΑ 9:00-16:00
9	10	11	12	13	14	15
		THAI 9:00-13:30	THAI 9:00-13:30	THAI 9:00-13:30	DEEP TISSUE 9:00-16:00	DEEP TISSUE 9:00-16:00
					THAI YOGA 9:00-16:00	THAI YOGA 9:00-16:00
16	17	18	19	20	21	22
	ONL SALES 17:00-21:00	RELAX 9:00-13:30	RELAX 9:00-13:30	RELAX 9:00-13:30	ΛΕΜΦΙΚΟ 9:00-16:00	ΛΕΜΦΙΚΟ 9:00-16:00
					ΑΙΣΘ (Π) 9:00-16:00	ΑΙΣΘ (Π) 9:00-16:00
					AROMA 9:00-16:00	AROMA 9:00-16:00
23	24	25	26	27	28	29
	ONL SALES 17:00-21:00	RELAX 9:00-13:30	RELAX 9:00-13:30	RELAX 9:00-13:30	ΛΕΜΦΙΚΟ 9:00-16:00	ΛΕΜΦΙΚΟ 9:00-16:00
			CUP MYO 9:00-16:00	CUP MYO 9:00-16:00	ΑΙΣΘ (Π) 9:00-16:00	ΑΙΣΘ (Π) 9:00-16:00
			ONL SALES 17:00-21:00		AROMA 9:00-16:00	AROMA 9:00-16:00
30						

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HAMMAM Θ : 14-15/11, 9:00 - 16:00
HAMMAM Π : 16-17-18-19-20/11, 8:30-12:30

ΔΕΚΕΜΒΡΙΟΣ						
ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
	1	2	3	4	5	6
					SPORTS 9:00-16:00	SPORTS 9:00-16:00
					LOMI LOMI 9:00-16:00	LOMI LOMI 9:00-16:00
					ΑΙΣΘ (Π) 9:00-16:00	ΑΙΣΘ (Π) 9:00-16:00
7	8	9	10	11	12	13
		FUNCTIONAL 9:00-13:30	FUNCTIONAL 9:00-13:30	FUNCTIONAL 9:00-13:30	SPORTS 9:00-16:00	SPORTS 9:00-16:00
					LOMI LOMI 9:00-16:00	LOMI LOMI 9:00-16:00
	ONL MENU 17:00-21:00		ONL MENU 17:00-21:00		ANTICELL 9:00-15:00	ANTICELL 9:00-15:00
14	15	16	17	18	19	20
ANTICELL 9:00-15:00		FUNCTIONAL 9:00-13:30	FUNCTIONAL 9:00-13:30	FUNCTIONAL 9:00-13:30	PREGNANT 9:00-16:00	PREGNANT 9:00-16:00
					TRIGGER 9:00-16:00	TRIGGER 9:00-16:00
	ONL MENU 17:00-21:00		ONL MENU 17:00-21:00		BUCCAL 9:00-16:00	BUCCAL 9:00-16:00
21	22	23	24	25	26	27
PREGNANT 9:00-16:00						
28	29	30	31			

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ΙΑΝΟΥΑΡΙΟΣ						
ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
				1	2	3
4	5	6	7	8	9	10
					THAI 9:00-16:00	THAI 9:00-16:00
					ΛΕΜΦΙΚΟ 9:00-16:00	ΛΕΜΦΙΚΟ 9:00-16:00
					RELAX 9:00-16:00	RELAX 9:00-16:00
11	12	13	14	15	16	17
		DEEP TISSUE 9:00-13:30	DEEP TISSUE 9:00-13:30	DEEP TISSUE 9:00-13:30	THAI 9:00-16:00	THAI 9:00-16:00
	ONL ΔΙΑΧΕΙΡ 17:00-21:00				ΛΕΜΦΙΚΟ 9:00-16:00	ΛΕΜΦΙΚΟ 9:00-16:00
			ONL ΔΙΑΧΕΙΡ 17:00-21:00		RELAX 9:00-16:00	RELAX 9:00-16:00
18	19	20	21	22	23	24
		DEEP TISSUE 9:00-13:30	DEEP TISSUE 9:00-13:30	DEEP TISSUE 9:00-13:30	CUP MYO 9:00-16:00	CUP MYO 9:00-16:00
		ΑΙΣΘ (Π) 9:00-13:30	ΑΙΣΘ (Π) 9:00-13:30	ΑΙΣΘ (Π) 9:00-13:30	REJUVANCE 9:00-16:00	REJUVANCE 9:00-16:00
	ONL ΔΙΑΧΕΙΡ 17:00-21:00		ONL ΔΙΑΧΕΙΡ 17:00-21:00			
25	26	27	28	29	30	31
		ΑΙΣΘ (Π) 9:00-13:30	ΑΙΣΘ (Π) 9:00-13:30	ΑΙΣΘ (Π) 9:00-13:30	REJUVANCE 9:00-16:00	REJUVANCE 9:00-16:00
	ONL ΔΙΑΧΕΙΡ 17:00-21:00		ONL ΔΙΑΧΕΙΡ 17:00-21:00		THAI YOGA 9:00-16:00	THAI YOGA 9:00-16:00

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ΦΕΒΡΟΥΑΡΙΟΣ						
ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
1	2	3	4	5	6	7
		ΑΙΣΘ (Π) 9:00-13:30	ΑΙΣΘ (Π) 9:00-13:30	ΑΙΣΘ (Π) 9:00-13:30	FUNCTIONAL 9:00-16:00	FUNCTIONAL 9:00-16:00
					INDIAN 9:00-16:00	INDIAN 9:00-16:00
8	9	10	11	12	13	14
		ΑΙΣΘ (Π) 9:00-13:30	ΑΙΣΘ (Π) 9:00-13:30	ΑΙΣΘ (Π) 9:00-13:30	FUNCTIONAL 9:00-16:00	FUNCTIONAL 9:00-16:00
	ONL OFFERS 17:00-21:00		ONL OFFERS 17:00-21:00		ANTICELL 9:00-15:00	ANTICELL 9:00-15:00
15	16	17	18	19	20	21
ANTICELL 9:00-15:00		ΑΙΣΘ (Π) 9:00-13:30	ΑΙΣΘ (Π) 9:00-13:30	ΑΙΣΘ (Π) 9:00-13:30	DEEP TISSUE 9:00-16:00	DEEP TISSUE 9:00-16:00
		SPORTS 9:00-13:30	SPORTS 9:00-13:30	SPORTS 9:00-13:30	ΑΙΣΘ (Σ) 9:00-16:00	ΑΙΣΘ (Σ) 9:00-16:00
22	23	24	25	26	27	28
		CUP FACE 9:00-15:00	GUA SHA 9:00-15:00	NATURAL 9:00-15:00	ΑΙΣΘ (Σ) 9:00-16:00	ΑΙΣΘ (Σ) 9:00-16:00
	ONL EVENTS 17:00-21:00	SPORTS 9:00-13:30	SPORTS 9:00-13:30	SPORTS 9:00-13:30	DEEP TISSUE 9:00-16:00	DEEP TISSUE 9:00-16:00

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HAMMAM Θ : 19-20/02, 9:00 - 16:00
HAMMAM Π : 21-22-23-24-25/02, 8:30-12:30

ΜΑΡΤΙΟΣ						
ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
1	2	3	4	5	6	7
		PREGNANT 9:00-16:00	PREGNANT 9:00-16:00	PREGNANT 9:00-16:00	THAI 9:00-16:00	THAI 9:00-16:00
					ΑΙΣΘ (Σ) 9:00-16:00	ΑΙΣΘ (Σ) 9:00-16:00
8	9	10	11	12	13	14
		ΛΕΜΦΙΚΟ 9:00-13:30	ΛΕΜΦΙΚΟ 9:00-13:30	ΛΕΜΦΙΚΟ 9:00-13:30		
	ONL QUAL 17:00-21:00		ONL QUAL 17:00-21:00			
15	16	17	18	19	20	21
		ΛΕΜΦΙΚΟ 9:00-13:30	ΛΕΜΦΙΚΟ 9:00-13:30	ΛΕΜΦΙΚΟ 9:00-13:30	THAI 9:00-16:00	THAI 9:00-16:00
					ΑΙΣΘ (Σ) 9:00-16:00	ΑΙΣΘ (Σ) 9:00-16:00
22	23	24	25	26	27	28
					THAI YOGA 9:00-16:00	THAI YOGA 9:00-16:00
	ONL SALES 17:00-21:00				TRIGGER 9:00-16:00	TRIGGER 9:00-16:00
					AROMA (ONL) 9:00-16:00	AROMA (ONL) 9:00-16:00
29	30	31				
	ONL SALES 17:00-21:00	DEEP TISSUE 9:00-13:30				

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ΑΠΡΙΛΙΟΣ						
ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
			1	2	3	4
			DEEP TISSUE 9:00-13:30	DEEP TISSUE 9:00-13:30	CUP MYO 9:00-16:00	CUP MYO 9:00-16:00
			ONL SALES 17:00-21:00		LOMI-LOMI 9:00-16:00	LOMI-LOMI 9:00-16:00
					AROMA (ONL) 9:00-16:00	AROMA (ONL) 9:00-16:00
5	6	7	8	9	10	11
		DEEP TISSUE 9:00-13:30	DEEP TISSUE 9:00-13:30	DEEP TISSUE 9:00-13:30	RELAX 9:00-16:00	RELAX 9:00-16:00
					LOMI-LOMI 9:00-16:00	LOMI-LOMI 9:00-16:00
12	13	14	15	16	17	18
		FUNCTIONAL 9:00-13:30	FUNCTIONAL 9:00-13:30	FUNCTIONAL 9:00-13:30	RELAX 9:00-16:00	RELAX 9:00-16:00
		ΑΙΣΘ (Σ) 9:00-13:30	ΑΙΣΘ (Σ) 9:00-13:30	ΑΙΣΘ (Σ) 9:00-13:30	SPORTS 9:00-16:00	SPORTS 9:00-16:00
19	20	21	22	23	24	25
		FUNCTIONAL 9:00-13:30	FUNCTIONAL 9:00-13:30	FUNCTIONAL 9:00-13:30	APXAIA 9:00-16:00	APXAIA 9:00-16:00
		ΑΙΣΘ (Σ) 9:00-13:30	ΑΙΣΘ (Σ) 9:00-13:30	ΑΙΣΘ (Σ) 9:00-13:30	SPORTS 9:00-16:00	SPORTS 9:00-16:00
	ONL MENU 17:00-21:00		ONL MENU 17:00-21:00		BLD 9:00-15:00	BLD 9:00-15:00
26	27	28	29	30		

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ΜΑΙΟΣ						
ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
					1	2
3	4	5	6	7	8	9
		ΑΙΣΘ (Σ) 9:00-13:30	ΑΙΣΘ (Σ) 9:00-13:30	ΑΙΣΘ (Σ) 9:00-13:30	ΛΕΜΦΙΚΟ 9:00-16:00	ΛΕΜΦΙΚΟ 9:00-16:00
					RELAX 9:00-16:00	RELAX 9:00-16:00
					PREGNANT 9:00-16:00	PREGNANT 9:00-16:00
10	11	12	13	14	15	16
PREGNANT 9:00-16:00		ΑΙΣΘ (Σ) 9:00-13:30	ΑΙΣΘ (Σ) 9:00-13:30	ΑΙΣΘ (Σ) 9:00-13:30	ΛΕΜΦΙΚΟ 9:00-16:00	ΛΕΜΦΙΚΟ 9:00-16:00
	ONL OFFERS 17:00-21:00				RELAX 9:00-16:00	RELAX 9:00-16:00
			ONL OFFERS 17:00-21:00			
17	18	19	20	21	22	23
			TRIGGER 9:00-16:00	TRIGGER 9:00-16:00	DEEP TISSUE 9:00-16:00	DEEP TISSUE 9:00-16:00
		THAI 9:00-13:30	THAI 9:00-13:30	THAI 9:00-13:30	REJUVANCE 9:00-16:00	REJUVANCE 9:00-16:00
24	25	26	27	28	29	30
		THAI 9:00-13:30	THAI 9:00-13:30	THAI 9:00-13:30	DEEP TISSUE 9:00-16:00	DEEP TISSUE 9:00-16:00
					REJUVANCE 9:00-16:00	REJUVANCE 9:00-16:00
	ONL EVENTS 17:00-21:00		ONL EVENTS 17:00-21:00			
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ΙΟΥΝΙΟΣ						
ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
	1	2	3	4	5	6
					CUP FACE 9:00-15:00	GUA SHA 9:00-15:00
					SPORTS 9:00-16:00	SPORTS 9:00-16:00
7	8	9	10	11	12	13
NATURAL 9:00-15:00					ΛΕΜΦΙΚΟ 9:00-16:00	ΛΕΜΦΙΚΟ 9:00-16:00
	ONL ΔΙΑΧΕΙΡ 17:00-21:00		ONL ΔΙΑΧΕΙΡ 17:00-21:00		SPORTS 9:00-16:00	SPORTS 9:00-16:00
14	15	16	17	18	19	20
	FUNCTIONAL 9:00-13:30	FUNCTIONAL 9:00-13:30	FUNCTIONAL 9:00-13:30			
	ONL ΔΙΑΧΕΙΡ 17:00-21:00		ONL ΔΙΑΧΕΙΡ 17:00-21:00			
21	22	23	24	25	26	27
	FUNCTIONAL 9:00-13:30	FUNCTIONAL 9:00-13:30	FUNCTIONAL 9:00-13:30		ΛΕΜΦΙΚΟ 9:00-16:00	ΛΕΜΦΙΚΟ 9:00-16:00
	ONL ΔΙΑΧΕΙΡ 17:00-21:00		ONL ΔΙΑΧΕΙΡ 17:00-21:00		CUP MYO 9:00-16:00	CUP MYO 9:00-16:00
28	29	30				
		PREGNANT 9:00-16:00				

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ΙΟΥΛΙΟΣ						
ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
			1 PREGNANT 9:00-16:00	2 PREGNANT 9:00-16:00	3	4
5	6	7	8	9	10	11
	RELAX 9:00-16:00	RELAX 9:00-16:00	RELAX 9:00-16:00	RELAX 9:00-16:00		
12	13	14	15	16	17	18
	DEEP TISSUE 9:00-16:00	DEEP TISSUE 9:00-16:00	DEEP TISSUE 9:00-16:00	DEEP TISSUE 9:00-16:00		
19	20	21	22	23	24	25
	SPORTS 9:00-16:00	SPORTS 9:00-16:00	SPORTS 9:00-16:00	SPORTS 9:00-16:00		
	ONL QUAL 17:00-21:00		ONL QUAL 17:00-21:00			
26	27	28	29	30	31	

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ΔΙΕΞΑΓΩΓΗ ΤΜΗΜΑΤΩΝ ΑΝΑ ΑΤΟΜΑ

Από 2 έως 4 άτομα, διεξαγωγή σε 3 ημέρες.

Από 4 άτομα και πάνω, διεξαγωγή σε 4 ημέρες