DAY	DAY 2 -	28/9 EX	TRA ACTIVATIONS KIL	OS AREA DAY1	KIDS AREA DAY	2 KIDS A	LL DAY ACTIVITIES	WELLNESS F	OR PETS
Time 09:00 - 09:45	OPEN AIR STAGE A Sound Healing	PILATES Reformer Gentle	ZEN ZONE/YOGA/BREATHWORK Reconnect with your Breath by	STRENGTH ZONE Just Lift by	BOOTYLICIOUS Glutes Burn by	MOBILITY ZONE Wake Up	FITNESS LAB BY TECHNOGYM	SEMINARS	WORKSHOPS Coffee Tasting by
	Journey with Thundering Cymbals - Gong	Moves for Moms- to-Be by Georgiana Theodorou - Danceland Studio Cyprus	Bessy Trigka	FUELHOUSE	Active Jo 09:00-09:20 & 09:30-09:50	Mobility Class by Myrto Petrochilou			Serafim Zouka
10:00 - 10:45	Glute Makeover System by Marilina Vakondiou	Pilates Reformer For All by Yava Fitness Centers	Yogilates by Nicol	Heavy Hypertrophy by Kostas Gerodimos Powered by Megafitness	-	Calisthenics for Kids by Kostassidiro - Dimitrios Almanidis - Emilios Pat	Sidil G- (10:00- Row 11:00) Wellness(10:00- Lab 10:40) Wellness(10:20- Lab 11:00) Wellness(10:40- Lab 11:20)	The Frequency of Quantum Wellness: A Deep Activation Into Soul Embodiment, Manifestation & Overflow by Loukia Papa	Χαλάρωση και Μείωση Στρες με EFT Tapping by Eleni Vardaki
11:00 - 11:45	Rhythm Ride by Everybody Athens	Pilates Reformer For All by Yava Fitness Centers	5 Elements Yoga and Chakra's Balance by Erena Grigoratou	Perform with Charlotte (@lottleallcelamb)	Giutes Training for Super Girls by Maria Riga	Calisthenics by Kostassidiro - Dimitrios Almanidis - Emilios Pat	Skill G- (11:00- Row 12:00) Wellness(11:00- Lab 11:40) Wellness(11:20- Lab 12:00) Wellness(11:40- Lab 12:20)	Παχυσαρκία, Ενέσιμες Λύσεις και η νέα κοινωνική πραγματικότητα με τη Γούλη Λαμπαδιάρη	Animal Movement Experience με τον Πάνο Θεοδώρου
12:00 - 12:45	Oral-B Smile Challenge	Reformer Balance in Motion by Anastasia Villioti - Pace Gym Fitness Hall / Fitness Club	Yogilates by Nicol	Pure Stamina Camp by Kostas Apostolopoulos Powered by Megafitness	MYRTO KALOGEROPOULOU 12:00 12:20 & 12:30-12:50	Zumba Dance by Yava Fitness Centers	Row Battle (12:00- Solo 12:30) Challenge Wellness(12:00- Lab 12:40) Wellness(12:00- Lab 13:00) Row Battle (12:30- Solo 13:00) Challenge Wellness(12:40- Lab 13:20)	Hydration Unlocked by Aqua Carpatica	Η δύναμη της Καλισθενικής με τον Κώστα Σιδηρό
13:00 - 13:45	Cycling by LESMILLS	Reformer Flow for All by Eleni loannidou - Toro Wellness Studio	Sacred Flow with Persefoni Alshwarya	Functional Training For All, by Yava Fitness Centers	MYRTO KALOGEROPOULOU (13:00-13:20)	Unclock your body - Fix Your Posture by Panos Theodorou	Skill G- (13:00- Row 14:00) Wellness(13:00- Lab 13:40) Wellness(13:20- Lab 14:00) Wellness(13:40- Lab 14:20)	Face Yoga με την Αρετή Καφαντάρη	Η Δύναμη της Υπνοθεραπείας στη Σωστή Διατροφική Συμπεριφορά με την Ειρένα Γρηγοράτου
14:00 - 14:45	Commercial Dance On Stage Workshop by Angelos Petrou	Reformer Essentials by Christina Pantazopoulou (Beginners to intermediate)	Free your pelvis by Bessy Trigka	Functional Training For All, by Yava Fitness Centers	Giutes Training for Super Girls by Maria Riga (13:30-14:15) & (14:30-14:50) Giutes Burn by Active Jo	Mobility Complex by Panos Theodorou	Sidil G- (14:00- Row 15:00) Wellness(14:00- Lab 14:40) Wellness(14:20- Lab 15:00) Wellness(14:40- Lab 15:20)	Αν η διατροφή ήταν παιχνίδι θα κέρδιζες με τον Μάνο Δημητρούλη	Πώς χρησιμοποιούμε την αναπνοή μας by Stathie & Paul
15:00 - 15:45	Zero (Indoor Cycling)	Reformer Elevate by Christina Pantazopoulou (Beginners to intermediate)	Yoga Vinyasa Flow for all by Ion Mangos	Les Mills Ceremony	Booty Burn by Petrina Moschona (15:00 - 15:20) & (15:30 - 15:50)	How to Run - Interactive drills & games by Nike global performance coach Courtney Fearon	Row Battle (15:00- Solo 15:30) Challenge Wellness(15:00- Lab 15:40) Wellness(15:20- Lab 16:00) Row Battle (15:30- Solo 16:00) Challenge Wellness(15:40- Lab 16:20)	Ξεπέρασε το άγχος και τις κρίσεις πανικού χωρίς φάρμακα με φυσικό τρόπο με το Γιάννη Μιχαήλ	Η Ενέργεια του Χώρου: Πώς η Αρχιτεκτονική Επηρεάζει την Υγεία και τη Συνείδηση by Dr Lydia de Leon
16:00 - 16:45	Skip Wonder Challenge 15΄ με τον Ηλία Γκότση	Women's and Men's Power reformer by Georgiana Theodorou - Danceland Studio Cyprus (Απευθύνεται σε γυναίκες και ἀντρες μεσαίου & προχωρημένου επιπέδου)	YogaWorks Classic by Nikos Florakis & Katerina Katsogresaki	Weight Calisthenics by Kostassidiro - Dimitrios Almanidis - Emilios Pat	Booty Burn by Petrina Moschona (16:00 - 16:20) & (16:30 - 16:50)	LESMILLS Pilates Mat	Skili G- (16:00- Row 17:00) Wellness(16:00- Lab 16:40) Wellness(16:20- Lab 17:00) Wellness(16:40- Lab 17:20)	Πως η Εργομετρική Αξιολόγηση καθοδηγεί τη διατροφή, τη φυσική δραστηριότητα και τη σύσταση σώματος; Δρ. Μπάρδης Κωνσταντίνος, ΜSc, PhD, Post Doc, (16:00 - 16:30) Πως το εργομετρικό βοηθάει το προπονητικό πλάνο του αθλούμενου Σταύρος Παναγόπουλος, Προπονητής Φυσικής Αγωγής (16:30 - 17:00)	Φυσικό lifting προσώπου με Face Yoga από την Αρετή Καφαντάρη
17:00 - 17:45	Perform with Charlotte (@lottlealicelamb)	Pilates by Mandy Persaki	Little Moments of Stillness by Anna Zorzou	HIIT The Ground by Ground Zero "Puil Push Power Jump with your SOul Running with your pulse"	Glutes Makeover System by MARILINA VAKONDIOU (17:00 - 17:20) & (17:30 - 17:50)	LESMILLS CORE 30' (5pm - 5:30pm)	Sidil G- (17:00- Row 18:00) Wellness(17:00- Lab 17:40) Wellness(17:20- Lab 18:00) Wellness(17:40- Lab 18:20)	Panel Discussion with Myrto Kalogeropoulou & Courtney Fearon (English Session)	Your 7-Day Sleep Blueprint for Energy & Clarity by Alex Leigh. Με ταυτόχρονη μετάφραση.
18:00 - 18:45	LESMILLS (18:00-Body Attack 18:30) LESMILLS (18:30-Dance 19:00)	Pilates by Corpus	Yin Yoga by Mariasana	Signature PACE by Myrto Kalogeropoulou	Bootylicious Delicious by Antonia Moisidou (18:00 - 18:20) & (18:30 - 18:50)	Barre by EVERYBODY Athens	Row Battle (18:00- Solo 18:30) Challenge Wellness(18:00- Lab 18:40) Wellness(18:20- Lab 19:00) Row Battle (18:30- Solo 19:00) Challenge	Wellness Talk by Evangella Platanioti	YOU vs YOU by Konstantinos Kintzios
19:00 - 19:45	LESMILLS (19:00-Bodycombat19:30) LESMILLS (19:45-Grit 20:15) Strength	Pilates by Corpus	Sound Healing with Gong by Thundering Cymbals	HIIT The Ground by Ground Zero "Pull Push Power Jump with your SOul Running with your pulse"	Bootylicious Delicious by Antonia Moisidou (19:00 - 19:20) & (19:30 - 19:50)	Pilates Mat by Mandy Persaki	Wellness(19:40- Lab 19:20) Skill G- (19:00- Row 20:00) Wellness(19:00- Lab 19:40) Wellness(19:20- Lab 20:00) Wellness(19:40- Lab 20:20)	Σεξουαλικότητα χωρίς manual: Ξεγυμνώνοντας τους μύθους by Βασιλική Τσαντίλα	Υ-ΓΕΙΩΣΗΙ με τον Μάνο Χατζημαλωνά (Stand Up Therapy Group Session)
20:00 - 20:45	LESMILLS Body Pump (20:15-21:00)	Body Control class with low resisitance by Mariele - Pilates and More	Yoga Vinyasa Flow for all by lon Mangos	Just Lift by FUELHOUSE	-	Zumba Dance by Yava Fitness Centers	Skill G- (20:00- Row 21:00) Wellness(20:00- Lab 20:40) Wellness(20:20- Lab 21:00)	Aθλητισμός – Plant Based Διατροφή / Πρωτεΐνη με τον Γιάννη Μαυρίδη Powered by Wild Souls	Pre-Party Face Yoga από την Αρετή Καφαντάρη
21:00 - 21:30	BeWell Push Up CHALLENGE powered by Megafitness με τον Σάκη & τη Χριστίνα με μεγάλα Megafitness ΔΩΡΑ: 1ος κερδίζει 1000 ευρώ 2ος Μπότες Πρεσσοθεραπείας 3ος Ice Bath	No classes - On stage Challenge	No classes - On stage Challenge	No classes - On stage Challenge	No classes - On stage Challenge	No classes - On stage Challenge	No classes - On stage Challenge	No classes - On stage Challenge	No classes - On stage Challenge
21:30 - 23:00	PARTY by VHS - The Band (80's-90s party)	PARTY by VHS - The Band (80's- 90s party)	PARTY by VHS - The Band (80's-90s party)	PARTY by VHS - The Band (80's- 90s party)	PARTY by VHS - The Band (80's-90's party)	PARTY by VHS - The Band (80's- 90s party)	PARTY by VHS - The Band (80's-90s party)	PARTY by VHS - The Band (80's- 90s party)	PARTY by VHS - The Band (80's- 90s party)

DAY	1-27/9 DAY 2	- 28/9 EX	TRA ACTIVATIONS KII	OS AREA DAY 1	KIDS AREA DA	Y 2 KIDS	ALL DAY ACTIVITIES	WELLNESS F	OR PETS
Time	OPEN AIR STAGE	PILATES	ZEN ZONE/YOGA/BREATHWORK	STRENGTH ZONE	BOOTYLICIOUS	MOBILITY ZONE	FITNESS LAB BY TECHNOGYM	SEMINARS	WORKSHOPS
09:00 - 09:45	Soulrise Yoga by Persefoni accompanied by Live music vibes	Reformer Essentials by Christina Pantazopoulou (Beginners to intermiediate)	Sound Healing with Gong by Thundering Cymbals	Just Lift by FUELHOUSE	Glutes Burn by Active Jo	Wake Up Mobility Class by Myrto Petrochilou		Self Coaching for Wellness by Ben Shore (English session)	
10:00 - 10:45	Cycling by Vassilis Trigonis	Reformer Elevate by Christina Pantazopoulou (Beginners to intermiediate)	Be curious of what frees your mind by Bessy Trigka	Functional Training For All, by YAVA Fitness Centers	Bootylicious Delicious by ANTONIA Moisidou (10:00 - 10:20) & (10:30 - 10:50)	Calisthenics for Kids by Kostassidiro - Dimitrios Almanidis - Emilios Pat	Skill G- (10:00- Row 11:00) Wellness(10:00- Lab 10:40) Wellness(10:20- Lab 11:00) Wellness(10:40- Lab 11:20)	The Sleep Reset: Transform Your Nights, Supercharge Your Days by Alex Leigh(English session)	LIFE RESTARTS AT 50 by Erena Gregoratou & Panos Pataklas
11:00 - 11:45	Power Ride by EVERYBODY Athens	Pilates by Corpus	5 Elements Yoga and Chakra's Balance by Erena Grigoratou	Functional Training For All, by YAVA Fitness Centers	Bootylicious Delicious by ANTONIA Moisidou (11:00 - 11:20) & (11:30 - 11:50)	Calisthenics by Kostassidiro - Dimitrios Almanidis - Emilios Pat	Skill G- (11:00- Row 12:00) Wellness(11:00- Lab 11:40) Wellness(11:20- Lab 12:00) Wellness(11:40- Lab 12:20)	Πώς μένω νέος με καλό μεταβολισμό με τη Μαρία Ψωμά	Αληθινή Αυτοαγάπη και Εσωτερική Δύναμη: μια δυνατή, ομαδική Υπνωση για να ξεκλειδώσεις τον Υποσυνείδητου σου Νου με τη Χριστίνα Δρακοπούλου
12:00 - 12:45	Wild Animal Movement με τον Πάνο Θεοδώρου powered by Easy 97.2 (Για μικρούς και μεγάλους)	Pilate by Corpus	Invite your Spirit back Home by Bessy Trigka	BeWell Fitness Games by Vassilis Trigonis Powered by Megafitness	Myrto Kalogeropoulou (12:30 - 12:50)	Spice Up your Mat by Christina Pantazopoulou	Row Battle (12:00- Solo 12:30) Challenge Wellness(12:00- Lab 12:40) Wellness(12:00- Lab 13:00) Row Battle (12:30- Solo 13:00) Challenge Wellness(12:40- Lab 13:20)	Talk on identity by Destiny Jones (English session)	Θα ανακοινωθεί σύντομα
13:00 - 13:45	Bodyweight inferno by Dimitris Moros - Powered by FitnessArt	Pilates Reformer For All by Yava Fitness Centers	My flow® for your hips by Maria Maganari	Pure Stamina Camp by Kostas Apostolopoulos Powered by Megafitness	Myrto Kalogeropoulou (13:00 - 13:20) & (13:30 - 13:50)	Acroyoga by Teo Kofidis	Skill G- (13:00- Row 14:00) Wellness(13:00- Lab 13:40) Wellness(13:20- Lab 14:00) Wellness(13:40- Lab 14:20)	The Longevity Market: Health or Wealth Popi Kalaitzi	Superfood or Superhype by Manos Dimitroulis
14:00 - 14:45	AfroDance by Sofia Spiropoulou	Pilates Reformer For All Yava Fitness Centers	Restorative Yoga by Mariasana	Signature PACE by Myrto Kalogeropoulou	Glutes Training for Super Girls by MARIA RIGA	Acroyoga by Teo Kofidis	Skill G- (14:00- Row 15:00) Wellness(14:00- Lab 14:40) Wellness(14:20- Lab 15:00) Wellness(14:40- Lab 15:20)	Our Breath, the Cold, our Mindset. Discover the pillars of the Wim Hof Method by certified instructor Alkis On The Rocks	Συναισθηματική απελευθερωση by Paul & Stathla - 1,5 hours
15:00 - 15:45	BSLS (Big Strength Little Strength) by Nike global performance coach Courtney Fearon	Ballet Flow Pilates (Απευθύνεται σε άντρες & γυναίκες - χορευτές) by Georgiana Theodorou - Danceland Studio Cyprus	My flow (a) for your heart by Maria Maganari	Perform with Charlotte (@lottlealicelamb)	Booty Burn by Petrina Moschona (15:00 - 15:20) & (15:30 - 15:50)	Mobility Complex by Panos Theodorou	Row Battle (15:00- Solo 15:30) Challenge Wellness(15:00- Lab 15:40) Wellness(15:20- Lab 16:00) Row Battle (15:30- Solo 16:00) Challenge Wellness(15:40- Lab 16:20)	Κάνε την Πρόκληση, Πρόσκληση με την Persefoni Alshwarya	Συναισθηματική απελευθερωση by Paul & Stathia - 1,5 hours
16:00 - 16:45	Inclusive dancing experience by OPAP	Stretch Pilates by Mema Pilates	Sound Bath Experience Between of Known and Unknown by Nicolaos Unalome	Weight Calisthenics by Kostassidiro - Dimitrios Almanidis - Emilios Pat	Booty Burn by Petrina Moschona (16:00 - 16:20) & (16:30 - 16:50)	LESMILLS Pilates	Sidil G- (16:00- Row 17:00) Wellness(16:00- Lab 16:40) Wellness(16:20- Lab 17:00) Wellness(16:40- Lab 17:20)	The Pace of Wellness: A real talk on fitness, mindset & everyday by Myrto Kalogeropoulou	Discover your real self by Alex Leigh X Destiny Jones. Mε ταυτόχρονη μετάφραση
17:00 - 17:45	LESMILLS Body Attack	Sweat Pilates by Mema Pilates	Sound Bath Experience Between of Known and Unknown by Nicolaos Unalome	HYBRID by Dimitris Moros		Pilates Mat by Mandy Persakl	Skill G- (17:00- Row 18:00) Wellness(17:00- Lab 17:40) Wellness(17:20- Lab 18:00) Wellness(17:40- Lab 18:20)	BeWell Start-Up Competition by Panathenea by Panathenea: Presentations & Judging Panel for brands in the health, fitness & wellness industries.	ΜΙΚΡΕΣ ΑΛΛΑΓΕΣ – ΜΕΓΑΛΕΣ ΝΙΚΕΣ Πρακτικοί τρόποι "Επί-Βίωσης" στην καθημερινότητα με τον Κωνσταντίνο Χαραντινιώτη
18:00 - 18:45	LESMILLS (17:45- Dance 18:15) LESMILLS (18:15- Bodycombat19:00)	Pliates by Mandy Persald	Acroyoga by Teo Kofidis	HIIT The Ground by Ground Zero "Pull Push Power Jump with your SOul Running with your pulse"	Giutes Training by Nadia Mitrellou (18:00 - 18:20) & (18:30 - 18:50)	Box & HIIT by EVERYBODY Athens	Row Battle (18:00- Solo 18:30) Challenge Wellness(18:00- Lab 18:40) Wellness(18:20- Lab 19:00) Row Battle (18:30- Solo 19:00) Challenge Wellness(18:40- Lab 19:20)	BeWell Start-Up Competition by Panathenea: Presentations & Judging Panel for brands in the health, fitness & wellness industries.	How to improve your running technique by Nike global performance coach Courtney Fearon
19:00 - 19:45	Zero Limits by Ground Zero (Indoor Cycling) (19:15-20:00)	Body Control class with low resisitance by Mariele - Pilates and More	Yoga Vinyasa Flow for all by lon Mangos	Just Lift by FUELHOUSE	Glutes Training by Nadla Mitrellou (19:00 - 19:20) & (19:30 - 19:50)	LESMILLS core (7:00pm - 7:30pm)	Skill G- (19:00- Row 20:00) Wellness(19:00- Lab 19:40) Wellness(19:20- Lab 20:00)	Clean Beauty: Πού τελειώνουν τα trends και πού αρχίζει η επιστήμη by Dr Anastasia Tzouma	Energy Orgasm Breathwork by Lalita
20:30 - 21:00	Mass Meditation - One Breath, One Heart by Myrto Legakl BEWELL CALISTHENICS CHALLENGE & SHOW hosted by Sakis & Christina with by Kostassidiro - Dimitrios Almanidis - Emilios Pat 1ος κερδίζει 1000 ευρώ από Megafitness 2ος Ένα ταξίδι για δύο με το WorldParty Traveller 3ος Helicopter sightseeing tour για σένα και την παρέα σου (4 άτομα) by Flyhopper	No classes - On stage Mass Meditation No classes - On stage Challenge	No classes - On stage Mass Meditation No classes - On stage Challenge	No classes - On stage Mass Meditation No classes - On stage Challenge	No classes - On stage Mass Meditation No classes - On stage Challenge	No classes - On stage Mass Meditation No classes - On stage Challenge	No classes - On stage Mass Meditation No classes - On stage Challenge	No classes - On stage Mass Meditation No classes - On stage Challenge	No classes - On stage Mass Meditation No classes - On stage Challenge
21:00 - 23:00	Party by Ilias Bogdanos & INCO	Party by Ilias Bogdanos & INCO	Party by Ilias Bogdanos & INCO	Party by Ilias Bogdanos & INCO	Party by Ilias Bogdanos & INCO	Party by Ilias Bogdanos & INCO	Party by Ilias Bogdanos & INCO	Party by Ilias Bogdanos & INCO	Party by Ilias Bogdanos & INCO

DAY 1 - 27/9 DAY 2 - 28/9 EXTRA ACTIVATIONS KIDS AREA DAY 1 KIDS AREA DAY 2 KIDS ALL DAY ACTIVITIES WELLNESS FOR PETS

Time	Ποδόσφαιρο με τη Falcons Football Academy by Kostas Katsouranis	Athletics Zone με τον Περικλή Ιακωβάκη και την ομάδα του	Yoga for kids by Flower Kids Yoga School	Reading Corner	Kidchen	OPEN AIR STAGE (Εκτός Kids Corner δραστηριότητες)	MOBILITY ZONE (Εκτός Kids Corner δραστηριότητες)	
09:00 - 09:45	-	-	-	-	-	-	-	-
10:00 - 10:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	-	-	-	-	Calisthenics for Kids at MOBILITY ZONE by Kostassidiro - Dimitrios Almanidis - Emilios Pat	-
11:00 - 11:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (<mark>3-7 ετών)</mark>	-	Healthy Cooking Workshop for kids	-	-	-
12:00 - 12:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (<mark>3-7 ετών)</mark>	-	Healthy Cooking Workshop for kids	-	-	-
13:00 - 13:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (<mark>3-7 ετών)</mark>	-	Healthy Cooking Workshop for kids	-	-	-
14:00 - 14:45	-	-	-	-	-	-	-	-
15:00 - 15:45	-	-	-	Heroes of Lio reading session by Charis Yiakoumatos	-	-	-	-
16:00 - 16:45	-	-	-	Ανάγνωση Βιβλίου "Ο Υπέροχος Εαυτός Μου" by Booktique	-	-	-	-
17:00 - 17:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
18:00 - 18:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
19:00 - 19:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
20:00 - 20:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	-	-	-	-	-	-
21:00 - 21:30	-	-	-	-	-	-	-	-
21:30 - 23:00	-	-	-	-	-	-	-	-

DAY 1 - 27/9 DAY 2 - 28/9 EXTRA ACTIVATIONS KIDS AREA DAY 1 KIDS AREA DAY 2 KIDS ALL DAY ACTIVITIES WELLNESS FOR PETS

Time	Ποδόσφαιρο με τη Falcons Football Academy by Kostas Katsouranis	Athletics Zone με τον Περικλή Ιακωβάκη και την ομάδα του	Yoga for kids by Flower Kids Yoga School	Reading Corner	Kidchen	OPEN AIR STAGE (Εκτός Kids Corner δραστηριότητες)	MOBILITY ZONE (Εκτός Kids Corner δραστηριότητες)	-
09:00 - 09:45	-	-	-	-	-	-	-	-
10:00 - 10:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	-	-	-	-	Calisthenics for Kids at MOBILITY ZONE by Kostassidiro - Dimitrios Almanidis - Emilios Pat	-
11:00 - 11:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
12:00 - 12:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (<mark>3-7 ετών)</mark>	-	Healthy Cooking Workshop for kids	Wild Animal Movement by Wild Souls για μικρούς και μεγάλους	-	-
13:00 - 13:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
14:00 - 14:45	-	-	-	Ανάγνωση Βιβλιών από την Κατρίνα Τσάνταλη	-	-	-	-
15:00 - 15:45	-	-	-	Heroes of Lio reading session by Charis Yiakoumatos	-	-	-	-
16:00 - 16:45	-	-	-	Ανάγνωση Βιβλίου "Ο Υπέροχος Εαυτός Μου" by Booktique	-	-	-	-
17:00 - 17:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
18:00 - 18:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
19:00 - 19:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
20:00 - 20:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	-	-	-	-	-	-
21:00 - 21:30	-	-	-	-	-	-	-	-
21:30 - 23:00	-	-	-	-	-	-	-	-