

| ΕΒΔΟΜΑΔΕΣ | 28/02 | 07/03 | 14/03 | 21/03 | 28/03 | 04/04 | 11/04 | 18/04 | 09/05 | 16/05 | 23/05 | 30/05 |
|-----------|-------------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| ΑΣΚΗΣΕΙΣ | | | | | | | | | | | | |
| 1 | Δεν θα πραγματοποιηθεί φέτος | | | | | | | | | | | |
| 2 | 3 | | 4 | | | | | | | | | |
| 3 | | 2 | | | | | | | | | | |
| 4 | 6 | 1 | 3 | 5 | | 2 | 4 | | | | | |
| 5 | 1 | 5 | 2 | 4 | 6 | 3 | | | | | | |
| 6 | | 4 | 6 | 2 | 3 | 5 | 1 | | | | | |
| 7 | Δεν θα πραγματοποιηθεί φέτος | | | | | | | | | | | |
| 8 | 4 | 6 | 5 | 3 | | | | | 2 | 1 | | |
| 9 | | | | | | | | 1 | 5 | 3 | 6 | |
| 10 | 2 | | | | 4 | 6 | 5 | 3 | | | | 1 |
| 11 | | | | | | | | | 6 | 2 | 5 | |
| 12 | | | | | | | | 4 | 1 | 5 | 2 | 6 |
| 13 | | | | 1 | 5 | 4 | 2 | 6 | 3 | | | |
| 14 | | | | | | 1 | 3 | 2 | | 6 | 4 | 5 |
| 15 | 5 | 3 | 1 | 6 | 2 | | | | | | | 4 |
| 16 | | | | | 1 | | 6 | 5 | 4 | | 3 | 2 |
| 17 | | | | | | | | | | 4 | 1 | 3 |

Ενημέρωση 08/04/2019