

# ΩΡΟΛΟΓΙΟ ΠΡΟΓΡΑΜΜΑ 2025-2026 ΑΠΟ 6 ΕΩΣ 10 ΟΚΤ 2025

## Συνολικό ωρολόγιο Εκπαιδευτικών

3ο ΓΥΜΝΑΣΙΟ ΗΡΑΚΛΕΙΟΥ

|                               | Δευτέρα |      |      |      |      |      |      | Τρίτη |      |      |      |      |      |      | Τετάρτη |      |      |      |      |      |      | Πέμπτη |      |    |    |      |      |      | Παρασκευή |    |      |    |    |      |    |
|-------------------------------|---------|------|------|------|------|------|------|-------|------|------|------|------|------|------|---------|------|------|------|------|------|------|--------|------|----|----|------|------|------|-----------|----|------|----|----|------|----|
|                               | 1       | 2    | 3    | 4    | 5    | 6    | 7    | 1     | 2    | 3    | 4    | 5    | 6    | 7    | 1       | 2    | 3    | 4    | 5    | 6    | 7    | 1      | 2    | 3  | 4  | 5    | 6    | 7    | 1         | 2  | 3    | 4  | 5  | 6    | 7  |
| 86 ΑΡΒΑΝΙΤΑΚΗΣ ΓΙΑΝΝΗΣ        |         |      |      |      | A5-E | B2-E | B3   |       |      |      |      |      |      |      | B1      | A6   | A5-E |      | A7   | B3   |      |        |      |    |    |      |      |      |           |    | A7   | B1 |    | B2-E | A6 |
| 01ΓΕΡΟΝΙΚΟΛΑΚΗΣ ΜΑΝΟΛΗΣ       |         |      |      |      |      | B5-E | A4-E | A2    |      | A1   |      |      |      |      | A4-E    | B5-E |      |      |      | A3-E |      |        | A2   |    | B6 | A1   | B7   |      |           | B6 | A3-E |    |    |      |    |
| 01ΜΙΛΚΑ ΜΑΡΙΑ                 | B7      |      |      |      |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 01ΤΑΒΛΑΔΟΡΑΚΗΣ ΣΠΥΡΟΣ         |         | G2-E | G5   | G4   |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02ΑΔΑΜΑΚΗ ΣΑΝΘΙΠΠΗ            | G3      | A1   | G4   |      | A2   |      |      |       |      | A1   | A2   |      | A2   |      | A1      | G3   | G3   |      | G1   | G5   | G2-E |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02ΒΑΝΤΑΡΑΚΗ ΑΝΤΩΝΙΑ           | B5-E    |      |      |      | A1   | B2-E | A5-E | B2-E  |      |      |      | B6   | B4-E | B2-E | A2      | B5-E | A5-E | A1   | B2-E | A6   | A5-E |        | A5-E | G4 | G4 | B2-E | B4-E | A5-E |           |    | G3   | G4 | A1 | A2   |    |
| 02ΚΑΠΕΛΛΑΚΗ ΜΑΡΙΑ             |         |      |      | A5-E | A6   |      | A7   | A6    | A7   |      | A6   | A7   | A5-E |      |         |      |      | A6   |      |      |      |        |      |    |    |      |      | A5-E | A7        | A7 | A6   | A2 |    | B6   |    |
| 02ΚΑΣΤΕΛΙΑΝΟΥ ΕΥΦΡΟΣΥΝΗ       |         |      |      | A6   | G7   |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02ΠΑΝΑΓΙΩΤΑΚΗΣ ΑΝΤΩΝΗΣ        | G6-E    | G1   | G6-E |      |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02ΠΑΠΑΔΑΚΗ ΒΙΛΜΑ              | A3-E    | B5-E |      |      | A4-E | B6   |      | B5-E  | B4-E |      | A3-E |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02ΠΑΠΑΣΤΕΦΑΝΑΚΗ ΤΑΝΙΑ         | G2-E    | G5   |      | G1   |      |      |      | G3    | B5-E |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02ΣΗΦΑΚΗ ΕΥΑΓΓΕΛΙΑ            | G4      | G6-E | B1   |      |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02ΤΡΙΑΝΤΑΦΥΛΛΟΥ ΓΙΑΣΕΜΩ       |         |      |      | B6   |      | G1   | B6   |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02ΧΟΥΡΣΑΝ ΧΡΥΣΗ               |         |      |      |      |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02ΧΡΙΣΤΟΦΟΡΑΚΗ ΜΑΡΙΑ          | A2      | G3   |      | B3   |      |      |      | B3    | B1   | A7   |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02ΨΑΘΑ ΣΟΥΛΑ                  |         |      |      | A4-E |      | B1   | G2-E | A3-E  | A6   |      | A4-E |      | B3   |      | A3-E    | A4-E | A3-E |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 03ΜΗΛΙΩΤΑΚΗ ΔΕΣΠΟΙΝΑ          | A5-E    | A2   | B2-E |      | B5-E | A4-E |      | A5-E  | A2   | A4-E |      | B2-E |      |      | A5-E    | A2   | B5-E |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 03ΜΠΕΛΑΝΤΑΚΗΣ ΓΙΩΡΓΟΣ         | G1      | G7   |      | G5   | G3   |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 03ΜΠΡΟΚΟΥ ΚΑΤΕΡΙΝΑ            | A1      |      | B3   | A7   | A3-E |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 03ΧΑΤΖΟΓΙΑΝΝΗ ΜΑΡΙΑ           |         |      | B7   | G2-E |      | B6   |      | B7    | G2-E | G4   |      | B6   |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 04ΜΙΖΕΡΑΚΗ ΧΑΡΑ               | B4-E    |      | A1   | B7   |      |      |      | B4-E  | A4-E | B1   |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 04ΕΥΔΙΑΝΑΚΗΣ ΝΙΚΟΣ            |         | G7   |      | B2-E |      | B7   | G5   |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 04ΠΕΡΡΟΥ ΠΑΝΑΓΙΩΤΑ            | B3      | B1   | B6   |      | B7   |      | A7   | B2-E  |      | B5-E | A2   |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 04 ΣΤΡΑΤΑΚΗΣ ΚΩΝ/ΟΣ           | G5      | A6   |      |      | G1   | G4   |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 04ΦΡΑΓΚΙΑΔΑΚΗ ΠΕΡΣΕΦΟΝΗ       | A6      | A4-E | G3   | G6-E |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 05ΛΕΛΕΚΑ ΑΛΚΙΟΝΗ              |         | B3   | A2   | B1   |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 05ΧΡΥΣΟΧΟΥ ΗΡΑ                | A4-E    | A3-E |      |      | A1   |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 06ΑΜΠΑΤΖΗ ΚΑΤΕΡΙΝΑ            |         |      |      |      | A5-E |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 06ΚΑΡΚΑΝΑΚΗ ΕΛΕΝΗ             |         |      |      |      | B3   | A1   | A2   | B1    |      | B2-E |      | B3   |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 06ΛΥΚΟΓΙΑΝΝΑΚΗ ΣΤΕΛΛΑ         | B6      | B7   | B4-E |      |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 07ΠΤΣΑΚΗ ΧΡΥΣΟΥΛΑ             | G7      |      |      | G7   |      | A6   |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 07ΤΖΩΡΜΠΑΤΖΑΚΗ ΜΑΡΙΑ          | B2-E    |      | G7   | B5-E | G5   |      |      | B6    | B2-E | G6-E |      | B6   |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 08ΖΕΡΒΑ ΚΥΡΙΑΚΗ               |         |      |      |      |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 08ΧΡΗΣΤΑΚΗ ΚΛΕΙΩ              |         |      |      | B4-E | G4   | B1   | G3   |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 11ΠΑΠΑΔΟΓΙΩΡΓΑΚΗΣ ΜΑΝΟΛΗΣ     |         |      | A3-E |      | A6   | B4-E | G4   |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 11ΤΟΥΤΟΥΔΑΚΗΣ ΝΙΚΟΣ           | B1      | B2-E |      | A2   | G2-E |      |      | A1    | B7   |      | B2-E | G6-E |      |      | G2-E    | G6-E |      | B1   |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 11ΤΡΙΒΙΖΑΔΑΚΗΣ ΔΗΜΗΤΡΙΟΣ      |         |      |      |      |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 78ΜΙΧΑΛΑΚΕΑ ΑΓΓΕΛΙΚΗ          |         | G4   |      |      | G6-E | G5   |      | G6-E  |      | G3   | G1   | G2-E |      |      | G5      | G1   | G2-E |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 78ΦΟΥΝΤΟΥΛΑΚΗ ΕΛΕΝΗ           |         | B6   | A7   |      | G7   |      | G7   |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 79ΤΣΑΝΕΤΑΚΗ ΠΗΝΕΛΟΠΗ          |         | B4-E | B5-E |      | A7   | A2   | A1   |       | A3-E | G2-E | B7   |      | G4   |      |         |      | B6   | G7   |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 80ΦΟΥΝΤΟΥΛΑΚΗ ΜΑΡΙΑ           |         |      | A7   |      | A4-E | B3   | B7   | A4-E  | A7   | G3   | A1   | A6   |      |      | G4      |      |      | A6   | A5-E |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 88ΔΡΑΚΟΥΛΗ ΤΑΣΙΑΡΧΟΥΛΑ        |         |      |      |      | B4-E | B3   | B7   |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 83ΜΠΡΙΜΠΑ ΕΛΙΣΑΒΕΤ            | A7      | A5-E |      |      | A3-E |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 81ΣΜΑΡΑΓΔΗ ΕΛΕΥΘΕΡΙΑ          | G7      |      | G2-E | G3   |      | G7   | G6-E |       | A5-E |      | A1   |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 86ΑΤΣΑΛΑΚΗ ΣΑΝΘΟΥΛΑ           |         | A5-E |      | A3-E | B4-E |      | G6-E |       | A5-E |      | G7   |      | A6   | B2-E |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 86ΠΛΗΡΟΦΟΡΙΚΟΣ                | G7      |      | G2-E | G3   |      | G7   |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 86ΚΩΝΣΤΑΝΤΑΚΗ ΦΩΤΕΙΝΗ         |         |      |      |      | A4-E | B3   | B7   | A4-E  |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 86ΜΠΡΙΝΤΑΚΗΣ ΓΙΑΝΝΗΣ          | A7      | A7   |      |      |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02-ΕΝΤ ΛΥΚΟΥΡΓΙΩΤΗ ΚΑΤΕΡΙΝΑ   | A3-E    |      | A5-E | A4-E |      | A3-E |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02-ΕΝΤ ΜΟΧΟΒΑΚΗ ΚΟΡΙΝΑ        | G6-E    | B5-E | G6-E |      |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 03-ΕΝΤ ΔΗΜΗΤΡΙΑΔΟΥ ΘΕΟΔΩΡΑ    | A5-E    |      | B2-E | G2-E | B5-E | A4-E |      | A5-E  | G2-E | A4-E | G6-E | B2-E |      |      | A5-E    |      | B5-E | G6-E | A4-E |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 04-ΕΝΤ ΣΗΜΑΝΤΗΡΑΚΗ ΜΑΡΙΑ      | B4-E    | A4-E |      |      |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 04-ΕΝΤ ΦΡΑΓΚΙΑΔΑΚΗ ΕΥΑΝΘΙΑ    |         |      |      |      |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 03-ΠΑΡ ΑΔΑΜΑΚΗΣ ΓΙΩΡΓΟΣ       |         |      | B3   |      |      |      |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02-ΠΑΡ ΑΛΩΝΙΣΤΙΩΤΗ ΣΤΕΛΛΑ     | G4      | G5   | G4   | B3   |      | G1   |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02-ΠΑΡ ΒΑΒΟΥΡΑΚΗ ΑΣΗΜΙΝΑ      | A2      | A1   |      | A4-E | A2   | A7   | A6   |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 02-ΠΑΡ ΖΑΡΜΠΑΦΗ ΜΑΡΙΑ         |         |      | B1   | B6   | B6   |      | A6   | B3    |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 03-ΠΑΡ ΝΤΑΟΥΤΗ ΚΡΥΣΤΑΛΛΙΝΑ    | A1      | A6   |      | A7   |      | A4-E |      | A6    | A2   | A4-E | A2   |      | A7   |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 03-ΠΑΡ ΧΑΤΖΗΝΙΚΟΛΑΚΗΣ ΑΡΓΥΡΗΣ | G1      |      | B2-E | G5   | G3   | B6   |      |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 04-ΠΑΡ ΖΕΡΒΟΥ ΜΙΚΗ            | B3      | B1   | G3   | B2-E |      | B7   | G5   |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |
| 04-ΠΑΡ ΚΟΥΣΑΝΑΚΗΣ ΓΙΑΝΝΗΣ     | G5      | A4-E |      | B7   | G1   | G4   | A7   |       |      |      |      |      |      |      |         |      |      |      |      |      |      |        |      |    |    |      |      |      |           |    |      |    |    |      |    |