

GROUP FITNESS CLASSES

May 4 - July 17, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00-12:00	Yoga Fusion 4/5- 8/6 Studio 2 Rodi K.		Yoga Fusion 6/5- 10/6 Studio 2 Rodi K.		
12:00-14:00					Outdoor Wall Climbing 29/5 (single session) Climbing Wall Christos K.
17:00-17:50	Body Sculpt 4/5- 6/7 Studio 2 Eleutheria G.		Functional step 6/5- 8/7 Studio 2 Eleutheria G.		
18:00-18:50	Dance pump 4/5- 6/7 Studio 2 Eleutheria G.	Total conditioning 5/5- 7/7 Studio 2 Konstantinos T.	Body Sculpt 6/5- 8/7 Studio 2 Eleutheria G.	Total conditioning 7/5- 9/7 Studio 2 Konstantinos T.	
19:00- 19:50	Pilates Mat 4/5- 13/7 Studio 3 Nasia K.	Shapes 5/5- 7/7 Studio 2 Rodi K.	Pilates Mat 6/5- 15/7 Studio 3 Nasia K.	Shapes 7/5- 9/7 Studio 2 Rodi K.	Pilates Mat 8/5- 17/7 Studio 3 Nasia K.
19:30-20:20	Outdoor Conditioning 4/5- 22/6 Track & Field Eva K.		Outdoor Conditioning 6/5- 24/6 Track & Field Eva K.		
20:00-20:50	TRX Cross Training 4/5- 13/7 Studio 2 Konstantinos T.	Yoga Fusion 5/5- 14/7 Studio 2 Rodi K.	TRX Cross Training 6/5- 15/7 Studio 2 Konstantinos T.	Yoga Fusion 7/5- 16/7 Studio 2 Rodi K.	TRX Cross Training 8/5- 17/7 Studio 2 Konstantinos T.
		Tuesday 21:00-21:45		Thursday 21:00-21:45	Saturday 13:15-14:00
		Aqua Fitness 5/5- 14/7 Swimming Pool Calypso O.		Aqua Fitness 7/5- 16/7 Swimming Pool Calypso O.	Aqua Fitness 8/5- 17/7 Swimming Pool Calypso O.

The program may be modified at any time. Please check for updates regularly.



Mind & Body

Yoga Fusion
Shapes
Pilates Mat
Power Pilates



Strength & Conditioning

Body Sculpt
TRX Cross training
Total Conditioning
Dance & Pump



Cardio Fitness Conditioning

Dance & Pump
Body Sculpt
Functional Step
Aqua Fitness
Outdoor Conditioning



Core-Focused

Power Pilates
Pilates Mat
Shapes



Flexibility

Yoga Fusion
Pilates Mat
Power Pilates
Shapes



Athletic Skills

Outdoor Conditioning
Outdoor Wall Climbing