

GROUP FITNESS CLASS SCHEDULE

September 7, 2026 — December 22, 2026 · Fall 2026

CLASS CATEGORIES

● Mind & Body ● Strength & Conditioning ● Cardio Fitness Conditioning ● Core-Focused ● Flexibility ● Athletic Skills

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00-12:00	Pilates Mat 14/9 - 14/12 Room: Studio 2 Coach: Rodi Mind & Body Core-Focused Flexibility	—	Yoga Fusion 16/9 - 16/12 Room: Studio 2 Coach: Rodi Mind & Body Flexibility	—	Pilates Mat 18/9 - 18/12 Room: Studio 3 Coach: Rodi Mind & Body Core-Focused Flexibility	—
12:00-14:00	—	—	—	—	Outdoor Wall Climbing 11/9 - 4/12 Room: Climbing Wall Coach: Christos Athletic Skills	—
17:00-17:50	Body Sculpt 7/9 - 21/12 Room: Studio 2 Coach: Eleftheria Strength & Conditioning Cardio Fitness Conditioning	Power Pilates 15/9 - 8/12 Room: Studio 3 Coach: Sophie Mind & Body Core-Focused Flexibility	Functional Step 9/9 - 16/12 Room: Studio 2 Coach: Eleftheria Cardio Fitness Conditioning	Power Pilates 10/9 - 3/12 Room: Studio 3 Coach: Sophie Mind & Body Core-Focused Flexibility	—	—
18:00-18:50	Dance & Pump 7/9 - 21/12 Room: Studio 2 Coach: Eleftheria Strength & Conditioning Cardio Fitness Conditioning	—	Body Sculpt 9/9 - 16/12 Room: Studio 2 Coach: Eleftheria Strength & Conditioning Cardio Fitness Conditioning	—	—	—

NOTICE: The program is subject to change at any time. Please check regularly for updates.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19:00-19:50	Total Conditioning 7/9 - 21/12 Room: Studio 2 Coach: Eleftheria Strength & Conditioning Pilates Mat 7/9 - 21/12 Room: Studio 3 Coach: Nasia Mind & Body Core-Focused Flexibility	Shapes 8/9 - 22/12 Room: Studio 2 Coach: Rodi Mind & Body Core-Focused Flexibility	Pilates Mat 9/9 - 16/12 Room: Studio 3 Coach: Nasia Mind & Body Core-Focused Flexibility	Shapes 10/9 - 17/12 Room: Studio 2 Coach: Rodi Mind & Body Core-Focused Flexibility	Pilates Mat 11/9 - 18/12 Room: Studio 3 Coach: Nasia Mind & Body Core-Focused Flexibility	—
20:00-20:50	—	Yoga Fusion 8/9 - 22/12 Room: Studio 2 Coach: Rodi Mind & Body Flexibility	—	Yoga Fusion 10/9 - 17/12 Room: Studio 2 Coach: Rodi Mind & Body Flexibility	—	—
21:00-21:50	TRX Cross Training 7/9 - 21/12 Room: Studio 2 Coach: Konstantinos Strength & Conditioning	Total Conditioning 8/9 - 22/12 Room: Studio 2 Coach: Konstantinos Strength & Conditioning Aqua Fitness 8/9 - 22/12 · 21:00-21:45 Room: Swimming Pool Coach: Calypso Cardio Fitness Conditioning	TRX Cross Training 9/9 - 16/12 Room: Studio 2 Coach: Konstantinos Strength & Conditioning	Total Conditioning 10/9 - 17/12 Room: Studio 2 Coach: Konstantinos Strength & Conditioning Aqua Fitness 10/9 - 17/12 · 21:00-21:45 Room: Swimming Pool Coach: Calypso Cardio Fitness Conditioning	TRX Cross Training 11/9 - 18/12 Room: Studio 2 Coach: Konstantinos Strength & Conditioning	—
13:15-14:00	—	—	—	—	—	Aqua Fitness 12/9 - 19/12 Room: Swimming Pool Coach: Calypso Cardio Fitness Conditioning

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Class Descriptions

Yoga Fusion

Mind & Body Flexibility

A combination of ashtanga and vinyasa yoga, this class utilizes specific postures, breathing techniques and relaxation to develop muscular strength, flexibility and body awareness.

Power Pilates

Mind & Body Core-Focused Flexibility

The traditional Pilates method combined with power movements and an aerobic element for a more holistic approach to exercise.

Body Sculpt

Strength & Conditioning Cardio Fitness Conditioning

This class maximizes muscle endurance and aerobic fitness through the combination of High Repetition weight lifting, plyometrics and intense cardio intervals. It begins with a light aerobic and dynamic stretching warm up followed by weight lifting and body weight exercises in various combinations. Each weightlifting combo finishes with an intense cardio interval.

Functional Step

Cardio Fitness Conditioning

Body weight aerobic workout on the step platform. Combining functional body movements in a pleasant and easy choreography.

TRX Cross Training

Strength & Conditioning

This class includes suspension ropes, bodyweight and free weights training that ranges from simple, easy to execute exercises for beginners to challenging and hard to execute exercises for advanced participants.

Aqua Fitness

Cardio Fitness Conditioning

A low impact workout which can be enjoyed by practically anyone regardless of fitness level, age, and health conditions since the buoyancy of water supports 90 percent of the body.

Pilates Mat

Mind & Body Core-Focused Flexibility

A class based on Pilates fundamental principles - breathe, center, control, precision, concentration, and flow. It helps with strengthening all core muscles while improving posture, flexibility and balance by using controlled breathing and mindful movement.

Shapes

Mind & Body Core-Focused Flexibility

As a hybrid workout between Yoga, Pilates and basic resistance training, Shapes offers the best of these three exercise modalities in order to achieve a well-rounded and balanced fitness regimen.

Dance & Pump

Strength & Conditioning Cardio Fitness Conditioning

A high energy aerobic dance workout combined with basic strength-pumping exercises under motivational fast pacing music.

Total Conditioning

Strength & Conditioning

A workout that enhances total body muscular endurance and strength through the use of bars, dumbbells, kettlebells and body weight exercises. You will be coached through fundamental weight lifting movements, body weight and plyometric exercises all under the sounds of motivational music tracks guaranteed to keep you challenged!

Outdoor Wall Climbing

Athletic Skills

Wall Climbing sessions for novice and advanced climbers. Indoor climbing offers the thrill of accomplishment, a philosophical way of thinking, and great workouts. Our new climbing wall accommodates routes of low, average and high difficulty. We provide climbing shoes and harnesses along with all the climbing gear so anyone can try climbing.

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