

GROUP FITNESS CLASSES					
September 8 - December 23, 2025					
	Monday	Tuesday	Wednesday	Thursday	Friday
11:00-12:00	Yoga Fusion 8/9 - 22/12 Studio 2 Rodi		Yoga Fusion 10/9 - 17/12 Studio 2 Rodi		
12:00-14:00					Outdoor Wall Climbing 12/9- 5/12 Climbing Wall Christos
17:00-17:50	Body Sculpt 8/9 - 15/12 Studio 2 Eleftheria	Power Pilates 16/9 - 9/12 Studio 3 Sophie	Functional step 10/9 - 17/12 Studio 2 Eleftheria	Power Pilates 11/9 - 4/12 Studio 3 Sophie	
18:00-18:50	Dance pump 8/9 - 15/12 Studio 2 Eleftheria	Total conditioning 9/9- 16/12 Studio 2 Konstantinos	Body Sculpt 10/9 - 17/12 Studio 2 Eleftheria	Total conditioning 11/9- 18/12 Studio 2 Konstantinos	
19:00- 19:50	Pilates Mat 8/9- 15/12 Studio 3 Nasia	Shapes 9/9- 16/12 Studio 2 Rodi	Pilates Mat 10/9- 17/12 Studio 3 Nasia	Shapes 11/9- 18/12 Studio 2 Rodi	Pilates Mat 12/9- 19/12 Studio 3 Nasia
19:30-20:20	Outdoor Conditioning 8/9- 22/12 Track & Field Eva		Outdoor Conditioning 10/9- 17/12 Track & Field Eva		
20:00-20:50	TRX Cross Training 8/9- 15/12 Studio 2 Konstantinos	Yoga Fusion 9/9- 23/12 Studio 2 Rodi	TRX Cross Training 10/9- 17/12 Studio 2 Konstantinos	Yoga Fusion 11/9- 18/12 Studio 2 Rodi	TRX Cross Training 12/9- 19/12 Studio 2 Konstantinos
		Tuesday 21:00-21:45		Thursday 21:00-21:45	Saturday 13:15-14:00
		Aqua Fitness Swimming Pool Calypso		Aqua Fitness Swimming Pool Calypso	Aqua Fitness Swimming Pool Calypso

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