

GROUP FITNESS CLASSES FALL 2021

September 1 - December 30, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
11:30-12:20	YOGA Lucy K. Studio 2 13/9-8/12		YOGA Lucy K. Studio 2 13/9-8/12		
14:10-15:00		TOTAL FITNESS Andromachi K. Studio 2 1/9-29/12		TOTAL FITNESS Andromachi K. Studio 2 1/9-29/12	
17:00-17:50	BODY SCULPT Andromachi K. Studio 2 1/9-29/12	POWER PILATES Sophie T. Studio 3 14/9-9/12	BODY SCULPT Andromachi K. Studio 2 1/9-29/12	POWER PILATES Sophie T. Studio 3 14/9-9/12	BODY SCULPT Andromachi K. Studio 2 1/9-29/12
18:00-18:50	PILATES MAT Andromachi K. Studio 3 1/9-29/12	ZUMBA Lucy K. Studio 2 2/9-30/12	PILATES MAT Andromachi K. Studio 3 1/9-29/12	ZUMBA Lucy K. Studio 2 2/9-30/12	PILATES MAT Andromachi K. Studio 3 1/9-29/12
19:00-19:50	OUTDOOR/INDOOR CONDITIONING Andromachi K. Track & Field 3/9-20/12	ABS & LEGS Lucy K. Studio 2 2/9-30/12	TOTAL FITNESS Andromachi K. Studio 2 1/9-29/12	ABS & LEGS Lucy K. Studio 2 2/9-30/12	OUTDOOR/INDOOR CONDITIONING Andromachi K. Track & Field 3/9-20/12
20:00-20:50	TRX Dimitris L. Upper Level Fitness Area 1/9-30/12	YOGA Lucy K. Studio 3 2/9-30/12	TRX Dimitris L. Upper Level Fitness Area 1/9-30/12	YOGA Lucy K. Studio 3 2/9-30/12	TRX Dimitris L. Upper Level Fitness Area 1/9-30/12
21:00-21:50	AQUA FITNESS (FULL & POOL members) Kalypso Oik. Swimming Pool 1/9-30/12		AQUA FITNESS (FULL & POOL members) Kalypso Oik. Swimming Pool 1/9-30/12		AQUA FITNESS (FULL & POOL members) Kalypso Oik. Swimming Pool 1/9-30/12

The program may be modified at any time. Please check the notice board regularly.

Το πρόγραμμα μπορεί να τροποποιηθεί ανά πάσα στιγμή. Παρακαλώ ελέγχετε τακτικά τον πίνακα ανακοινώσεων.