

GROUP FITNESS CLASSES

January 2 - April 30, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00-11:50	Yoga Fusion Lucy K. - Studio 2 8/1-29/4		Yoga Fusion Lucy K. - Studio 2 10/1-24/4		
12:00-14:00					Indoor Climbing Christos K. - Climbing Wall 19/1-5/4
17:00-17:50	Body Sculpt Andromachi K. - Studio 2 8/1-29/4	Total Body Strength and Conditioning Andromachi K. - Studio 2 2/1-30/4	Body Sculpt Andromachi K. - Studio 2 3/1-24/4		Functional step Andromachi K. - Studio 2 5/1-26/4
		Power Pilates Sophie T. - Studio 3 16/1-16/4		Power Pilates Sophie T. - Studio 3 18/1-11/4	
18:00-18:50	Pilates Mat Nasia K. - Studio 3 8/1-29/4	Yoga Fusion Lucy K. - Studio 2 2/1-30/4	Pilates Mat Nasia K. - Studio 3 3/1-24/4	Yoga Fusion Lucy K. - Studio 2 4/1-25/4	Pilates Mat Nasia K. - Studio 3 5/1-26/4
					Total Body Strength and Conditioning Andromachi K. - Studio 2 5/1-26/4
19:00-19:50		Abs & Legs Lucy K. - Studio 2 2/1-30/4		Abs & Legs Lucy K. - Studio 2 4/1-25/4	
19:30-20:20	Outdoor Conditioning Despoina H. - Track & field 8/1-29/4		Outdoor Conditioning Despoina H. - Track & field 3/1-24/4		
20:00-20:50	TRX Suspension Training Dimitris L. - Studio 2 8/1-29/4	Yoga Fusion Lucy K. - Studio 2 2/1-30/4	TRX Suspension Training Dimitris L. - Studio 2 10/1-24/4	Yoga Fusion Lucy K. - Studio 2 4/1-25/4	TRX Suspension Training Dimitris L. - Studio 2 12/1-26/4
		Tuesday 20:30-21:15 AQUA FITNESS Calypso Oik. - Swimming Pool 2/1-30/4		Thursday 20:30-21:15 AQUA FITNESS Calypso Oik. - Swimming Pool 2/1-30/4	Saturday 13:15-14:00 AQUA FITNESS Calypso Oik. - Swimming Pool 2/1-30/4

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.