

GROUP FITNESS CLASSES

May 2 - July 24, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00-11:50	Yoga Fusion Lucy K. - Studio 2 13/5-10/6		Yoga Fusion Lucy K. - Studio 2 8/5-12/6		
17:00-17:50	Body Sculpt Andromachi K. - Studio 2 13/5-22/7	Total Body Strength and Conditioning Andromachi K. - Studio 2 14/5-23/7	Body Sculpt Andromachi K. - Studio 2 8/5-24/7		Functional step Andromachi K. - Studio 2 10/5-19/7
18:00-18:50	Pilates Mat Nasia K. - Studio 3 13/5-22/7		Pilates Mat Nasia K. - Studio 3 8/5-24/7		Pilates Mat Nasia K. - Studio 3 10/5-19/7
		Yoga Fusion Lucy K. - Studio 2 14/5-28/5		Yoga Fusion Lucy K. - Studio 2 9/5-30/5	Total Body Strength and Conditioning Andromachi K. - Studio 2 10/5-19/7
19:00-19:50		Abs & Legs Lucy K. - Studio 2 14/5-16/7		Abs & Legs Lucy K. - Studio 2 9/5-18/7	
19:30-20:20	Outdoor Conditioning Despoina H. - Track & field 13/5-10/6		Outdoor Conditioning Despoina H. - Track & field 8/5-12/6		
20:00-20:50	TRX Suspension Training Dimitris L. - Studio 2 13/5-22/7	Yoga Fusion Lucy K. - Studio 2 14/5-16/7	TRX Suspension Training Dimitris L. - Studio 2 8/5-24/7	Yoga Fusion Lucy K. - Studio 2 9/5-18/7	TRX Suspension Training Dimitris L. - Studio 2 10/5-19/7
		Tuesday 20:30-21:15 AQUA FITNESS Calypso Oik. - Swimming Pool 2/5-20/7		Thursday 20:30-21:15 AQUA FITNESS Calypso Oik. - Swimming Pool 2/5-20/7	Saturday 13:15-14:00 AQUA FITNESS Calypso Oik. - Swimming Pool 2/5-20/7

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.