



GROUP FITNESS CLASSES

September 2 - December 30, 2024


	Monday	Tuesday	Wednesday	Thursday	Friday
11:30-12:20	Yoga Fusion 9/9 - 30/12 Studio 2 Lucy		Yoga Fusion 11/9 - 18/12 Studio 2 Lucy		Indoor Climbing 12.00-14.00 13/9 - 6/12 Climbing wall Christos
14:40-15:20 Deree activity hour	Speedy Train - Athletic 23/9 - 16/12 Studio 2 Andromachi		Speedy Train- Core & Stretch 25/9 - 18/12 Studio 2 Andromachi		
17:00-17:50	Body Sculpt 9/9 - 23/12 Studio 2 Andromachi	Power Pilates 17/9 - 10/12 Studio 3 Sophie	Functional step 4/9 - 18/12 Studio 2 Andromachi	Power Pilates 12/9 - 5/12 Studio 3 Sophie	Total Body Strength 13/9 - 27/12 Studio 2 Katerina
18:00-18:50	Total Body Strength 9/9 - 23/12 Studio 2 Andromachi	Shapes 10/9 - 17/12 Studio 2 Lucy	Body Sculpt 4/9 - 18/12 Studio 2 Andromachi	Dance & Pump 12/9 - 19/12 Studio 2 Lucy	Pilates Mat 6/9 - 27/12 Studio 3 Nasia
19:00- 19:50	Pilates Mat 2/9 - 23/12 Studio 3 Nasia	Dance & Pump 10/9 - 17/12 Studio 2 Lucy	Pilates Mat 4/9 - 18/12 Studio 3 Nasia	Yoga Fusion 12/9 - 19/12 Studio 2 Lucy	
19:30-20:20	Outdoor Conditioning 9/9 - 30/12 Track & Field Despina		Outdoor Conditioning 11/9 - 18/12 Track & Field Despina		TRX Suspension Training 6/9 - 27/12 Studio 2 Dimitris
20:00-20:50	TRX Suspension Training 9/9 - 30/12 Studio 2 Dimitris	Yoga Fusion 10/9 - 17/12 Studio 2 Lucy	TRX Suspension Training 4/9 - 18/12 Studio 2 Dimitris	Shapes 12/9 - 19/12 Studio 2 Lucy	
		Tuesday 21:00:-21:45		Thursday 21:00:-21:45	Saturday 13:15-14:00
		AQUA FITNESS 3/9 - 17/12 Swimming Pool Calypso		AQUA FITNESS 5/9 - 19/12 Swimming Pool Calypso	AQUA FITNESS 7/9 - 21/12 Swimming Pool Calypso

 **Mind & Body**
Yoga Fusion
Shapes
Pilates Mat
Power Pilates

 **Strength & Conditioning**
Body Sculpt
TRX Suspension
Total Body Strength
Dance & pump
Speedy Train-Athletic

 **Cardio Fitness Conditioning**
Dance & Pump
Body Sculpt
Functional Step
Aqua Fitness
Outdoor Conditioning

 **Core-Focused**
Power Pilates
Pilates Mat
Speedy Train-Core & Stretch
Shapes

 **Flexibility**
Yoga Fusion
Speedy Train-Core & Stretch
Pilates Mat
Power Pilates
Shapes

 **Athletic Skills**
Indoor Climbing
Outdoor Conditioning
Speedy Train- Athletic

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.