




GROUP FITNESS CLASSES


January 2 - April 30, 2025


	Monday	Tuesday	Wednesday	Thursday	Friday
11:30-12:20	Yoga Fusion 13/1 - 28/4 Studio 2 Lucy		Yoga Fusion 8/1 - 30/4 Studio 2 Lucy		
16:20-17:00	Ultimate Core 13/1 - 14/4 Studio 2 Andromachi		Ultimate Core 15/1 - 16/4 Studio 2 Andromachi		Climbing Practice 12:00-14:00 17/1 - 11/4 Outdoor Climbing Wall Christos
17:00-17:50	Body Sculpt 13/1 - 28/4 Studio 2 Andromachi	Power Pilates 14/1 - 8/4 Studio 3 Sophie	Functional step 8/1 - 30/4 Studio 2 Andromachi	Power Pilates 16/1 - 10/4 Studio 3 Sophie	Total Body Strength 10/1 - 25/4 Studio 2 Katerina
18:00-18:50	Total Body Strength 13/1 - 28/4 Studio 2 Andromachi	Shapes 7/1 - 29/4 Studio 2 Lucy	Body Sculpt 8/1 - 30/4 Studio 2 Andromachi	Dance & Pump 2/1 - 24/4 Studio 2 date	Pilates Mat 3/1 - 25/4 Studio 3 Nasia
19:00- 19:50	Pilates Mat 13/1 - 28/4 Studio 3 Nasia	Dance & Pump 7/1 - 29/4 Studio 2 Lucy	Pilates Mat 8/1 - 30/4 Studio 3 Nasia	Yoga Fusion 2/1 - 24/4 Studio 2 Lucy	
19:30-20:20	Outdoor Conditioning 13/1 - 28/4 Track & Field Despina		Outdoor Conditioning 8/1 - 30/1 Track & Field Despina		TRX Suspension Training 17/1 - 25/4 Dimitris Studio 2
20:00-20:50	TRX Suspension Training 13/1 - 28/4 Studio 2 Dimitris	Yoga Fusion 7/1 - 29/4 Studio 2 Lucy	TRX Suspension Training 15/1 - 30/4 Studio 2 Dimitris	Shapes 2/1 - 24/4 Studio 2 Lucy	
		Tuesday 21:00-21:45		Thursday 21:00-21:45	Saturday 13:15-14:00
		AQUA FITNESS 7/1 - 29/4 Swimming Pool Calypso		AQUA FITNESS 2/1 - 24/4 Swimming Pool Calypso	AQUA FITNESS 4/1 - 26/4 Swimming Pool Calypso

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

 **Strength & Conditioning**
Body Sculpt
TRX Suspension
Total Body Strength
Dance & Pump
Ultimate Core

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

 **Core-Focused**
Power Pilates
Pilates Mat
Ultimate Core
Shapes

 **Flexibility**
Yoga Fusion
Pilates Mat
Power Pilates
Shapes

 **Athletic Skills**
Indoor Climbing
Outdoor Conditioning

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