

GROUP CLASSES



NEW BODY

MAIN STUDIO

29/07 - 02/08

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY
08.00 45'	17.10 45'	08.00 45'	17.10 45'	17.30 45'
TOTAL FITNESS	TRX SUSPENSION TRAINING BOOTCAMP	LES MILLS BODYPUMP	Strength Development	TRX SUSPENSION TRAINING BOOTCAMP
17.10 45'	18.00 45'	17.10 45'	18.00 45'	18.30 45'
TOTAL FITNESS	Strength Development	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT
19.00 45'	19.00 45'	18.30 45'	--	--
LES MILLS BODYPUMP	LES MILLS POWER JUMP	TOTAL FITNESS		

CYCLE STUDIO

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY
18.00 45'	--	18.00 30'	18.50 45'	08.00 45'
LES MILLS RPM		LES MILLS sprint	LES MILLS RPM	LES MILLS RPM

MAIN STUDIO

05-09/08

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY
08.00 45'	17.30 45'	17.10 45'	08.00 45'	--
TOTAL FITNESS	TRX SUSPENSION TRAINING BOOTCAMP	ilates	Strength Development	
17.30 45'	18.30 45'	18.00 30'	17.30 45'	--
LES MILLS BODYPUMP	Strength Development	CORE	LES MILLS BODYPUMP	
--	--	18.30 45'	18.30 45'	--
		TOTAL FITNESS	LES MILLS POWER JUMP	

CYCLE STUDIO

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY
18.30 45'	--	08.00 45'	--	18.00 45'
LES MILLS RPM		LES MILLS RPM		LES MILLS RPM
--	--	18.00 30'	--	18.50 30'
		LES MILLS sprint		LES MILLS sprint