

# GROUP CLASSES

Temporary Program



## MAIN STUDIO

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY	ΣΑΒΒΑΤΟ SATURDAY
08:00 45'	08:00 45'	08:00 45'	08:00 45'	17:10 45'	09:00 45'
TOTAL FITNESS	ilates	LES MILLS BODYPUMP	TRX SUSPENSION TRAINING BOOTCAMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
17:10 45'	17:00 45'	17:10 45'	17:00 45'	18:00 45'	
TOTAL FITNESS	Strength Development	Power Yoga	TRX SUSPENSION TRAINING BOOTCAMP	LES MILLS BODYPUMP	
	17:50 45'	18:00 30'	17:50 45'	18:50 30'	
	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	
18:50 45'		18:30 45'			
LES MILLS BODYCOMBAT		TOTAL FITNESS			
19:40 45'	19:30 45'		19:30 45'		
LES MILLS BODYPUMP	LES MILLS POWER JUMP		LES MILLS BODYCOMBAT		

## CYCLE STUDIO

18:00 45'		18:00 30'	18:40 45'	08:00 45'	09:50 30'
LES MILLS RPM		LES MILLS sprint	LES MILLS RPM	LES MILLS RPM	LES MILLS sprint
	18:40 45'	19:20 45'		18:00 45'	
	LES MILLS RPM	LES MILLS RPM		LES MILLS RPM	

## REFORMER STUDIO

		15:00 60'		15:00 60'	
		MARIA KATHEFIS DANCE STUDIO		MARIA KATHEFIS DANCE STUDIO	
		16:00 60'		16:00 60'	
		MARIA KATHEFIS DANCE STUDIO		MARIA KATHEFIS DANCE STUDIO	



NEW BODY