

# GROUP CLASSES



## MAIN STUDIO

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY	ΣΑΒΒΑΤΟ SATURDAY
08:00 45' <b>TOTAL</b>	08:00 45' <b>Pilates</b>	08:00 45' <b>LES MILLS BODYPUMP</b>	08:00 45' <b>TRX SUSPENSION TRAINING BOOTCAMP!</b>	17:10 45' <b>LES MILLS BODYCOMBAT</b>	09:00 45' <b>LES MILLS BODYPUMP</b>
17:10 45' <b>TOTAL</b>	17:00 45' <b>Strength Development</b>	17:10 45' <b>Power Yoga</b>	17:00 45' <b>TRX SUSPENSION TRAINING BOOTCAMP!</b>	18:00 45' <b>LES MILLS BODYPUMP</b>	
18:00 45' <b>LES MILLS BODYBALANCE</b>	17:50 45' <b>LES MILLS BODYPUMP</b>	18:00 30' <b>LES MILLS CORE</b>	17:50 45' <b>LES MILLS BODYPUMP</b>	18:50 30' <b>LES MILLS CORE</b>	
18:50 45' <b>LES MILLS BODYCOMBAT</b>	18:40 45' <b>TRX SUSPENSION TRAINING BOOTCAMP!</b>	18:30 45' <b>TOTAL</b>	18:40 45' <b>Strength Development</b>	19:25 45' <b>Pilates</b>	
19:40 45' <b>LES MILLS BODYPUMP</b>	19:30 45' <b>LES MILLS POWER JUMP</b>	19:20 45' <b>LES MILLS BODYPUMP</b>	19:30 45' <b>LES MILLS BODYCOMBAT</b>		

## CYCLE STUDIO

18:00 45' <b>LES MILLS RPM</b>	08:15 30' <b>LES MILLS sprint</b>	18:00 30' <b>LES MILLS sprint</b>	18:40 45' <b>LES MILLS RPM</b>	08:00 45' <b>LES MILLS RPM</b>	09:50 30' <b>LES MILLS sprint</b>
	18:00 30' <b>LES MILLS sprint</b>				
	18:40 45' <b>LES MILLS RPM</b>	19:20 45' <b>LES MILLS RPM</b>		18:00 45' <b>LES MILLS RPM</b>	

## REFORMER STUDIO

		15:00 60' <b>MARIA KAMBOURIS DANCE STUDIO</b>		15:00 60' <b>MARIA KAMBOURIS DANCE STUDIO</b>	
		15:00 60' <b>MARIA KAMBOURIS DANCE STUDIO</b>		15:00 60' <b>MARIA KAMBOURIS DANCE STUDIO</b>	



NEW BODY