

GROUP CLASSES



MAIN STUDIO

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

CYCLE STUDIO

18:00 45' LES MILLS RPM	08:15 30' sprint	18:00 30' sprint	18:40 45' LES MILLS RPM	08:00 45' LES MILLS RPM	09:45 30' sprint
	18:00 30' sprint				
	18:40 45' LES MILLS RPM	19:20 45' LES MILLS RPM		18:00 45' LES MILLS RPM	

REFORMER STUDIO

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



NEW BODY