

# GROUP CLASSES



## MAIN STUDIO

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY	ΣΑΒΒΑΤΟ SATURDAY
08:00 45' TOTAL FITNESS	08:00 45' Pilates	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 FITNESS	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' LES MILLS CORE	17:50 45' LES MILLS BODYPUMP	18:50 30' LES MILLS CORE	
18:50 45' LES MILLS BODYCOMBAT	18:40 45' TRX SUSPENSION TRAINING BOOTCAMP!	18:30 45' TOTAL FITNESS	18:40 45' Strength Development	19:25 45' Pilates	
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' LES MILLS sprint	18:00 30' LES MILLS sprint	18:40 45' LES MILLS RPM	08:00 45' LES MILLS RPM	09:45 30' LES MILLS sprint
	18:00 30' LES MILLS 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 KAMBERIS DANCE STUDIO		15:00 60' MARIA KAMBERIS DANCE STUDIO	
		16:00 60' MARIA KAMBERIS DANCE STUDIO		16:00 60' MARIA KAMBERIS DANCE STUDIO	