

GROUP CLASSES

ΔΕΥΤΕΡΑ MONDAY	ΤΡΙΤΗ TUESDAY	ΤΕΤΑΡΤΗ WEDNESDAY	ΠΕΜΠΤΗ THURSDAY	ΠΑΡΑΣΚΕΥΗ FRIDAY	ΣΑΒΒΑΤΟ SATURDAY
1 08:00 45* 	1 08:00 45* PILATES	1 08:00 45* BODYPUMP	1 08:00 45* TRX EXPANSION TRAINING BOOTCAMP	2 08:00 45* RPM	1 09:00 45* BODYPUMP
2 16:00 45* 	2 08:00 45* 	2 16:00 45* 	1 17:00 45* PILATES	1 17:00 30* 	2 09:50 30* sprint
1 17:00 45* CEREMONY	1 17:00 45* BODYPUMP	1 17:00 45* 	3 17:15 30* CORE	2 17:30 30* sprint	2 16:30 45* 
1 17:50 45* BODYBALANCE	2 17:00 45* RPM	1 17:50 45* BODYPUMP HEAVY	1 17:50 45* BODYPUMP	1 17:35 45* CEREMONY	
2 17:50 30* sprint	1 17:50 45* TRX EXPANSION TRAINING BOOTCAMP	2 18:00 30* sprint	1 18:40 45* CEREMONY	1 18:25 45* BODYPUMP	KYPIAKH SUNDAY
2 18:25 45* RPM	2 18:00 30* sprint	2 18:35 45* RPM	2 18:40 45* RPM	1 19:15 45* PILATES	2 10:30 45* 
1 18:40 45* BODYCOMBAT	3 18:40 45* PILATES	1 18:40 45* 	1 19:30 45* BODYCOMBAT		
1 19:30 30* 	1 18:40 45* BODYPUMP HEAVY	1 19:30 45* ZUMBA	2 19:30 45* 		
3 19:30 45* ZUMBA	1 19:30 45* 				
1 20:05 45* BODYPUMP	2 20:00 45* 				

1 / Main Studio
2 / Cycle Studio
3 / Secondary Studio