

GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00-9:45</p> <p>fit balls </p> <p>Wood Floor Area Panayiotis</p>	<p>9:00-9:45</p> <p>floor exercise </p> <p>Wood Floor Area Giorgos</p>	<p>9:00-9:45</p> <p>pilates </p> <p>Wood Floor Area Marianna</p>	<p>9:00-9:45</p> <p>toning exercise </p> <p>Wood Floor Area Giorgos</p>	<p>9:00-9:45</p> <p>pilates </p> <p>Wood Floor Area Christos</p>
<p>4:15-5:00</p> <p>circuit training </p> <p>Wood Floor Area Elisavet</p>		<p>4:15-5:00</p> <p>hips & abs </p> <p>Wood Floor Area Elisavet</p>	<p>4:15-5:00</p> <p>power burn </p> <p>Wood Floor Area Elisavet</p>	<p>4:15-5:00</p> <p>circuit training </p> <p>Wood Floor Area Elisavet</p>
<p>5:15-6:00</p> <p>toning exercise </p> <p>Wood Floor Area Elisavet</p>	<p>5:15-6:00</p> <p>pilates </p> <p>Wood Floor Area Nicol</p>	<p>5:15-6:00</p> <p>pilates </p> <p>Wood Floor Area Nicol</p>	<p>5:15-6:00</p> <p>pilates </p> <p>Wood Floor Area Nicol</p>	<p>5:15-6:00</p> <p>hips & abs </p> <p>Wood Floor Area Elisavet</p>
	<p>5:15-6:15</p> <p>Sprint Interval Training </p> <p>Rubber Floor Area Christos</p>	<p>5:15-6:00</p> <p>Step & Tone Workout </p> <p>Rubber Floor Area Elisavet</p>		
<p>6:15-7:00</p> <p>zumba </p> <p>Wood Floor Area Chr.Andr.</p>	<p>6:15-7:00</p> <p>fit balls </p> <p>Wood Floor Area Panayiotis</p>	<p>6:15-7:00</p> <p>zumba </p> <p>Wood Floor Area Dafnie</p>	<p>6:15-7:15</p> <p>yoga body wellness </p> <p>Wood Floor Area Panayiotis</p>	
<p>6:15-7:00</p> <p>trx suspension training </p> <p>Rubber Floor Area Panayiotis</p>		<p>6:15-7:00</p> <p>tabata </p> <p>Rubber Floor Area Panayiotis</p>	<p>6:15-7:15</p> <p>pump it hard </p> <p>Rubber Floor Area Christos</p>	<p>6:15-7:15</p> <p>functional training </p> <p>Rubber Floor Area Christos</p>
<p>7:15-8:15</p> <p>yoga body wellness </p> <p>Wood Floor Area Panayiotis</p>			<p>7:15-8:00</p> <p>zumba </p> <p>Wood Floor Area Irena</p>	
<p>7:15-8:15</p> <p>pump it hard </p> <p>Rubber Floor Area Christos</p>		<p>7:15-8:15</p> <p>Sprint Interval Training </p> <p>Rubber Floor Area Christos</p>		



* Το πρόγραμμα μπορεί να αλλάξει χωρίς προειδοποίηση/ Programme will be change without notice

