

GROUP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45 fit balls Wood Floor Area Panayiotis	9:00-9:45 floor exercise Wood Floor Area Giorgos	9:00-9:45 pilates Wood Floor Area Marianna	9:00-9:45 toning exercise Wood Floor Area Giorgos	9:00-9:45 pilates Wood Floor Area Christos
4:15-5:00 circuit training Wood Floor Area Elisavet		4:15-5:00 hips & abs Wood Floor Area Elisavet		4:15-5:00 circuit training Wood Floor Area Elisavet
5:15-6:00 toning exercise Wood Floor Area Elisavet	5:15-6:00 pilates Wood Floor Area Marianna	5:15-6:00 pilates Wood Floor Area Dafnie	5:15-6:00 pilates Wood Floor Area Elisavet	5:15-6:00 hips & abs Wood Floor Area Elisavet
	5:15-6:15 Sprint Interval Training Rubber Floor Area Christos	5:15-6:00 power burn Rubber Floor Area Elisavet		
6:15-7:00 zumba Wood Floor Area Chr.Andr.	6:15-7:00 fit balls Wood Floor Area Panayiotis	6:15-7:00 zumba Wood Floor Area Dafnie	6:10-7:10 yoga body wellness Wood Floor Area Panayiotis	6:15-7:00 zumba Wood Floor Area Irena
6:15-7:00 trx suspension training Rubber Floor Area Panayiotis		6:15-7:00 tabata Rubber Floor Area Panayiotis	6:15-7:15 pump it hard Rubber Floor Area Christos	6:15-7:15 functional training Rubber Floor Area Christos
7:15-8:15 yoga body wellness Wood Floor Area Panayiotis			7:15-8:00 step & body bars Wood Floor Area Froso	
7:15-8:15 pump it hard Rubber Floor Area Christos		7:15-8:15 Sprint Interval Training Rubber Floor Area Christos		

AMBITUS REFORMER PILATES

	08:15	08:15	08:15
	09:15		09:15
10:15		10:15	10:15
15:30			
16:30		16:30	
17:30	17:30	17:30	17:30
18:30	18:30	18:30	18:30
	19:30		19:30

Rules

- Duration of the class: 45-60 minutes.
- We operate a 15 minute latecomer policy for our classes, anyone who arrives after the 15 minute window will not be admitted into class.
- All classes must be prebooked.
- We recommend to plan and book your classes in advance to secure your slot.
- If you need to cancel your session, please do so at least 12 hours in advance to allow your space to be filled. One session will be deducted for late cancellations.
- Programme will be change without notice

