

# Exercise Classes

## Exercise Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIGH-INTENSITY INTERVAL TRAINING Antonis Skoumpris 7:00-7:30	CIRCUIT TRAINING Stalo Dionisiou 7:00-7:30	<b>LES MILLS GRIT</b> ATHLETIC Antonis Skoumpris 7:00-7:30	CIRCUIT TRAINING Stalo Dionisiou 7:00-7:30	HIGH-INTENSITY INTERVAL TRAINING Antonis Skoumpris 7:00-7:30	
					HIGH-INTENSITY INTERVAL TRAINING 10:00-10:45
Legs & Abs Maria Tsakalide 10:30-11:30	<b>LES MILLS BODYPUMP</b> CORE Stalo Dionisiou 10:30-11:30	Legs & Abs Maria Tsakalide 10:30-11:30	<b>LES MILLS BODYPUMP</b> Stalo Dionisiou 10:30-11:30	PILATES & STRETCHING Styliana Tziovani 10:30-11:30	<b>ZUMBA</b> Victoria Demetriou 11:00-12:00
Glutes Xenia Kalana 17:30-18:15		Glutes & Legs Maria Tsakalide 17:30-18:00		Glutes & Legs Xenia Kalana 17:30-18:15	
Abs Xenia Kalana 18.15 - 18:30	PILATES Styliana Tziovani 17:30-18:15	Abs Xenia Kalana 18:00-18:15		Abs Xenia Kalana 18:15-18:30	
<b>LES MILLS BODYPUMP</b> Stalo Dionisiou 18:30 - 19:30	PILATES Maria Tsakalide 18:30-19:30	Glutes & Legs Maria Tsakalide 18:15-19:00	PILATES Maria Tsakalide 18:30-19:30	<b>LES MILLS BODYPUMP</b> Antonis Skoumpris 18:30-19:15	
<b>LES MILLS GRIT</b> ATHLETIC Antonis Skoumpris 19:30-20:00	TABATA Antonis Skoumpris 19:30-20:00	<b>LES MILLS BODYPUMP</b> Stalo Dionisiou 19:00-20:00	<b>LES MILLS GRIT</b> ATHLETIC Antonis Skoumpris 19:30-20:00		

## Exercise Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	YOGA 8:15-9:15		YOGA 8:15-9:15		
<b>TRX</b> Fit Julia Sazonova 18:30-19:15	<b>TRX</b> Strong Julia Sazonova 18:30-19:15	STRETCHING & MOBILITY Styliana Tziovani 18:15-19:15	<b>TRX</b> Max Julia Sazonova 18:30-19:15		
<b>ZUMBA</b> Victoria Demetriou 19:15-20:15	<b>ZUMBA</b> Victoria Demetriou 19:15-20:15	<b>ZUMBA</b> Victoria Demetriou 19:15-20:15		YOGA 18:30-19:30	

\* CLASSES BETWEEN 17:30 - 19:00 REQUIRE BOOKING AT THE RECEPTION

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