

# Schedule

# 2018-19

## Gym hours

Monday to Friday: 07:30 - 23:00

Saturday: 11:00-19:00

Sunday: closed

## Every Saturday

Open Ride

& free tips from our Nutritionists

Time Zone	Monday	Tuesday	Wednesday	Thursday	Friday
00		08:00-09:00 I.CON 7   Area 2 Leonidas Tsioupros		08:00-09:00 I.CON 7   Area 2 Leonidas Tsioupros	
01	9:00-10:00 Pilates   Area 1 Elena Jovara		9:00-10:00 Pilates   Area 1 Elena Jovara		9:00-10:00 Pilates   Area 1 Elena Jovara
02	10:00-11:00 Circuit   Area 1 Elena Jovara		10:00-11:00 Circuit   Area 1 Elena Jovara		10:00-11:00 Circuit   Area 1 Elena Jovara
03		11:00-12:00 Yoga   Area 2 Greg Amvrazis		11:00-12:00 Yoga   Area 2 Greg Amvrazis	
04	14:15-15:15 I.CON 1   Area 2 Elena Jovara	14:15-15:15 Pilates   Area 1 Maria Tasopoulou	14:15-15:15 I.CON 1   Area 2 Elena Jovara	14:15-15:15 Pilates   Area 1 Maria Tasopoulou	14:15-15:15 Pilates   Area 1 Maria Tasopoulou
05	15:15-16:15 I.CON 2   Area 2 Greg Amvrazis	15:15-16:15 I.CON 8   Area 2 Greg Amvrazis	15:15-16:15 I.CON 2   Area 2 Greg Amvrazis	15:15-16:15 I.CON 8   Area 2 Greg Amvrazis	
06	15:30-16:30 Kettlebell   Area 1 Kostas Vardalis		15:30-16:30 TRX Force   Area 1 Kostas Vardalis		15:30-16:30 BOSU Plus   Area 1 Kostas Vardalis
07	16:15-17:15 I.CON 3   Area 2 Greg Amvrazis	16:15-17:15 I.CON 9   Area 2 Greg Amvrazis	16:15-17:15 I.CON 3   Area 2 Greg Amvrazis	16:15-17:15 I.CON 9   Area 2 Greg Amvrazis	
08	17:15-18:15 I.CON 4   Area 2 Greg Amvrazis	17:15-18:15 I.CON 10   Area 2 Greg Amvrazis	17:15-18:15 I.CON 4   Area 2 Greg Amvrazis	17:15-18:15 I.CON 10   Area 2 Greg Amvrazis	
09	18:00-19:00 Pilates   Area 1 Maria Tasopoulou		18:00-19:00 Pilates   Area 1 Maria Tasopoulou		18:00-19:00 Cross Training   Area 1 Elena Jovara
10	18:15-19:15 I.CON 5   Area 2 Greg Amvrazis	18:15-19:15 I.CON 11   Area 2 Elena Jovara	18:15-19:15 I.CON 5   Area 2 Greg Amvrazis	18:15-19:15 I.CON 11   Area 2 Elena Jovara	
11		18:30-19:15 HIIT   Area 1 Greg Amvrazis		18:30-19:15 HIIT   Area 1 Greg Amvrazis	
12	19:00-20:00 Pilates   Area 1 Maria Tasopoulou	19:15-20:15 Yoga   Area 2 Elena Jovara	19:00-20:00 Pilates   Area 1 Maria Tasopoulou	19:15-20:15 Yoga   Area 2 Elena Jovara	19:00-20:00 Active Recovery   Area 1 Maria Tasopoulou
13	19:15-20:15 I.CON 6   Area 2 Greg Amvrazis	19:15-20:00 HIIT   Area 1 Greg Amvrazis	19:15-20:15 I.CON 6   Area 2 Elena Jovara	19:15-20:00 HIIT   Area 1 Greg Amvrazis	
14	20:00-21:00 Cross Training   Area 1 Elena Jovara	20:00-21:00 TRX Cross   Area 1 Elena Jovara	20:00-21:00 Cross Training   Area 1 Elena Jovara	20:00-21:00 TRX Cross   Area 1 Elena Jovara	
15	21:00-22:00 Zumba   Area 1 Maria Tasopoulou			21:00-22:00 Zumba   Area 1 Maria Tasopoulou	