

# GROUP FITNESS CLASSES

January 5 - April 30, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>11:00-12:00</b>	<b>Yoga Fusion</b> January 5 - April 27 Studio 2 Rodi		<b>Yoga Fusion</b> January 7 - April 29 Studio 2 Rodi		
<b>12:00-14:00</b>					<b>Outdoor Wall Climbing</b> January 23 - April 24 Climbing Wall Christos
<b>17:00-17:50</b>	<b>Body Sculpt</b> January 5 - April 27 Studio 2 Eleutheria	<b>Power Pilates</b> January 13 - April 21 Studio 3 Sophie	<b>Functional step</b> January 7 - April 29 Studio 2 Eleutheria	<b>Power Pilates</b> January 15 - April 23 Studio 3 Sophie	
<b>18:00-18:50</b>	<b>Dance pump</b> January 5 - April 27 Studio 2 Eleutheria	<b>Total conditioning</b> January 13 - April 28 Studio 2 Konstantinos	<b>Body Sculpt</b> January 7 - April 29 Studio 2 Eleutheria	<b>Total conditioning</b> January 8 - April 30 Studio 2 Konstantinos	
<b>19:00- 19:50</b>	<b>Pilates Mat</b> January 5 - April 27 Studio 3 Nasia	<b>Shapes</b> January 13 - April 28 Studio 2 Rodi	<b>Pilates Mat</b> January 7 - April 29 Studio 3 Nasia	<b>Shapes</b> January 8 - April 30 Studio 2 Rodi	<b>Pilates Mat</b> January 9 - April 24 Studio 3 Nasia
<b>19:30-20:20</b>	<b>Outdoor Conditioning</b> January 5 - April 27 Track & Field Eva		<b>Outdoor Conditioning</b> January 7 - April 29 Track & Field Eva		
<b>20:00-20:50</b>	<b>TRX Cross Training</b> January 5 - April 27 Studio 2 Konstantinos	<b>Yoga Fusion</b> January 13 - April 28 Studio 3 Rodi	<b>TRX Cross Training</b> January 7 - April 29 Studio 2 Konstantinos	<b>Yoga Fusion</b> January 8 - April 30 Studio 3 Rodi	<b>TRX Cross Training</b> January 9 - April 24 Studio 2 Konstantinos
		<b>Tuesday 21:00-21:45</b>		<b>Thursday 21:00-21:45</b>	<b>Saturday 13:15-14:00</b>
		<b>Aqua Fitness</b> January 13 - April 28 Swimming Pool Calypso		<b>Aqua Fitness</b> January 8 - April 30 Swimming Pool Calypso	<b>Aqua Fitness</b> January 10 - April 25 Swimming Pool Calypso

The program may be modified at any time. Please check for updates regularly.



## Mind & Body

Yoga Fusion  
Shapes  
Pilates Mat  
Power Pilates



## Strength & Conditioning

Body Sculpt  
TRX Cross training  
Total Conditioning  
Dance & Pump



## Cardio Fitness Conditioning

Dance & Pump  
Body Sculpt  
Functional Step  
Aqua Fitness  
Outdoor Conditioning



## Core-Focused

Power Pilates  
Pilates Mat  
Shapes



## Flexibility

Yoga Fusion  
Pilates Mat  
Power Pilates  
Shapes



## Athletic Skills

Outdoor Conditioning  
Outdoor Wall Climbing