

HOLMES PLACE MAROUSSI 2010
weekly timetable

Monday 16/8

Time	Course	Location
11:00-11:50	Hips & ABS	Studio 1
15:00-15:50	Full Body	Studio 1
18:00-18:50	Cardio Mix	Studio 1
19:00-19:50	Full Body	Studio 1
19:00-19:50	Spintensity	Spinning

Tuesday 17/8

Time	Course	Location
10:00-10:50	Body shape	Studio 1
16:00-16:50	Hips & ABS	Studio 1
18:00-18:50	Hips & ABS	Studio 1
19:00-19:50	Step Mix	Studio 1
19:00-19:50	Spintensity	Spinning
20:00-20:50	Kripalou	Studio 1

Wednesday 18/8

Time	Course	Location
11:00-11:50	Full Body	Studio 1
15:00-15:50	Cardio Mix	Studio 1
18:00-18:50	Fight Club	Studio 1
19:00-19:50	Body shape	Studio 1
19:00-19:50	Spintensity	Spinning
20:00-20:50	Kripalou	Studio 1

Thursday 19/8

Time	Course	Location
10:00-10:50	Yoga	Studio 1
16:00-16:50	Body Shape	Studio 1
18:00-18:50	Step Mix	Studio 1
19:00-19:50	Hips & ABS	Studio 1
19:00-19:50	Spintensity	Spinning
20:00-20:50	Kripalou	Studio 1

Friday 20/8

Time	Course	Location
11:00-11:50	Body Shape	Studio 1
15:00-15:50	Hips & ABS	Studio 1
18:00-18:50	Body Shape	Studio 1
19:00-19:50	Fight Club	Studio 1
19:00-19:50	Spintensity	Spinning

Saturday 21/8

Time	Course	Location
11:00-11:50	Body Shape	Studio 1
18:00-18:50	Spintensity	Spinning

Sunday 22/8

Time	Course	Location
11:00-11:50	Body Shape	Studio 1

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Course: For all

The level of exercise difficulty and intensity in both cardio and body conditioning programs is determined by the studio instructor, as well as, the participant. Beginners are welcomed.

Course: Level 1

The level of exercise difficulty with regard to the intensity and composition of the class, in both cardio and body conditioning programs, is minimal.

Course: Level 2

Aerobic classes of increased difficulty, based on complex step combinations and choreography.

For your proper security and well being:

- Be punctual
- Bring a small towel with you
- Lace your shoelaces
- Do not bring glass water bottles