

HOLMES PLACE MAROUSSI 2010
weekly timetable

Monday 23/8

Time	Course	Location
8:00-8:50	Full Body	Studio 1
11:00-11:50	Pilates	Studio 1
15:00-15:50	Hips & ABS	Studio 1
17:00-17:50	Barre A Terre	Studio 1
18:00-18:50	Body Shape	Studio 1
19:00-19:50	Hips & Abs	Studio 1
19:00-19:50	Spintensity	Spinning
20:00-20:50	Pilates	Studio 1
21:00-21:50	Kripalou	Studio 1

Tuesday 24/8

Time	Course	Location
10:00-10:50	Body Shape	Studio 1
16:00-16:50	Barre A Terre	Studio 1
18:00-18:50	Cardio Dance	Studio 1
19:00-19:50	Full Body	Studio 1
19:00-19:50	Spin Release	Spinning
20:00-20:50	Tai Chi	Studio 1

Wednesday 25/8

Time	Course	Location
8:00-8:50	Hips & ABS	Studio 1
11:00-11:50	Barre A Terre	Studio 1
15:00-15:50	Body Shape	Studio 1
17:00-17:50	Kripalou	Studio 1
18:00-18:50	Hips & ABS	Studio 1
19:00-19:50	Cardio Mix	Studio 1
19:00-19:50	Spin Release	Spinning
20:00-20:50	Pilates	Studio 1

Thursday 26/8

Time	Course	Location
8:00-8:50	Kripalou	Studio 1
10:00-10:50	Body Shape	Studio 1
16:00-16:50	Barre A Terre	Studio 1
18:00-18:50	Full Body	Studio 1
19:00-19:50	Cardio Dance	Studio 1
19:00-19:50	Spin Release	Spinning
20:00-20:50	Tai Chi	Studio 1

Friday 27/8

Time	Course	Location
8:00-8:50	Pilates	Studio 1
11:00-11:50	Full Body	Studio 1
15:00-15:50	Cardio Mix	Studio 1
17:00-17:50	Barre A Terre	Studio 1
18:00-18:50	Body Shape	Studio 1
19:00-19:50	Fight Club	Studio 1
19:00-19:50	Spin Release	Spinning
20:00-20:50	Pilates	Studio 1

Saturday 28/8

Time	Course	Location
11:00-11:50	Cardio Dance	Studio 1
17:00-17:50	Pilates	Studio 1
18:00-18:50	Spin Strength	Spinning

Sunday 29/8

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

Index

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