

HOLMES PLACE MAROUSSI 2010
weekly timetable

Monday 2/8

Time	Course	Location
8:00-8:50	Full Body	Studio 1
11:00-11:50	Hips & ABS	Studio 1
15:00-15:50	Full Body	Studio 1
17:00-17:50	Body Shape	Studio 1
18:00-18:50	Cardio Dance	Studio 1
19:00-19:50	Full Body	Studio 1
19:00-19:50	Spintensity	Spinning
20:00-20:50	Pilates	Studio 1
21:00-21:50	Forrest Yoga	Studio 1

Tuesday 3/8

Time	Course	Location
10:00-10:50	Full Body	Studio 1
16:00-16:50	Cardio Mix	Studio 1
18:00-18:50	Full Body	Studio 1
19:00-19:50	Cardio Dance	Studio 1
20:00-20:50	Yoga Med	Studio 1
20:00-20:50	Spin Strength	Spinning

Wednesday 4/8

Time	Course	Location
8:00-8:50	Body Shape	Studio 1
11:00-11:50	Cardio Mix	Studio 1
15:00-15:50	Hips & Abs	Studio 1
17:00-17:50	Hips & Abs	Studio 1
18:00-18:50	Cardio Dance	Studio 1
19:00-19:50	Full Body	Studio 1
19:00-19:50	Spintensity	Spinning
20:00-20:50	Pilates	Studio 1

Thursday 5/8

Time	Course	Location
10:00-10:50	Hips & Abs	Studio 1
16:00-16:50	Body Shape	Studio 1
18:00-18:50	Hips & Abs	Studio 1
19:00-19:50	Step Mix	Studio 1
19:00-19:50	Spin Strength	Spinning
20:00-20:50	Forrest Yoga	Studio 1

Friday 6/8

Time	Course	Location
8:00-8:50	Pilates	Studio 1
11:00-11:50	Body Shape	Studio 1
15:00-15:50	Step Mix	Studio 1
18:00-18:50	Body shape	Studio 1
19:00-19:50	Cardio Mix	Studio 1
19:00-19:50	Spintensity	Spinning
20:00-20:50	Pilates	Studio 1

Saturday 7/8

Time	Course	Location
11:00-11:50	Body Shape	Studio 1
12:00-12:50	Pilates	Studio 1
17:00-17:50	Spintensity	Studio 1
18:00-18:50	Hips & Abs	Studio 1

Sunday 8/8

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