

HOLMES PLACE MAROUSSI 2010
weekly timetable

Monday 9/8

Time	Course	Location
11:00-11:50	Hips & ABS	Studio 1
15:00-15:50	Pilates	Studio 1
18:00-18:50	Cardio Dance	Studio 1
19:00-19:50	Full Body	Studio 1
19:00-19:50	Spin Strength	Spinning

Tuesday 10/8

Time	Course	Location
10:00-10:50	Pilates	Studio 1
16:00-16:50	Cardio Mix	Studio 1
18:00-18:50	Fight Club	Studio 1
19:00-19:50	Body Shape	Studio 1
20:00-20:50	Spintensity	Spinning

Wednesday 11/8

Time	Course	Location
11:00-11:50	Cardio Mix	Studio 1
15:00-15:50	Yoga	Studio 1
18:00-18:50	Step Mix	Studio 1
19:00-19:50	Hips & ABS	Studio 1
20:00-20:50	Spin Strength	Spinning

Thursday 12/8

Time	Course	Location
10:00-10:50	Yoga	Studio 1
16:00-16:50	Body Shape	Studio 1
18:00-18:50	Hips & Abs	Studio 1
19:00-19:50	Fight Club	Studio 1
20:00-20:50	Spintensity	Spinning

Friday 13/8

Time	Course	Location
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

Saturday 14/8

No lessons

Sunday 15/8

No lessons

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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