

HOLMES PLACE MAROUSSI 2010 monthly timetable

Monday

Time	Course	Location
8:00-8:50	Full Body	Studio 1
8:15-9:10	Aqua Attack	Pool
9:00-9:50	Spintensity	Spinning
10:00-10:50	Pilates Matwork	Studio 1
11:00-11:50	Hips & Abs	Studio 1
12:00-12:50	Chi Tao Tai Chi	Studio 1
12:00-12:55	Aqua Power	Pool
14:00-14:50	Cardio Mix	Studio 1
15:00-15:50	Body Shape	Studio 1
15:00-15:55	Aqua Combat	Pool
16:00-16:50	Spintensity	Spinning
17:00-17:50	Barre A Terre	Studio 2
17:00-17:50	Body Shape	Studio 1
18:00-18:50	Spintensity	Spinning
18:00-18:50	*Bosu	Studio 2
18:00-18:50	Aerobic For Us	Studio 1
19:00-19:50	Spintensity	Spinning
19:00-19:20	Ab Attack	Studio 2
19:00-19:50	Full Body	Studio 1
19:30-19:50	Ab Attack	Studio 2
19:30-20:00	Aqua Attack	Pool
20:00-20:50	Pilates Matwork	Studio 1
20:00-20:50	Absolutely Super Hips	Studio 2
20:00-20:50	Spin Release	Spinning
21:10-22:10	Kripalu Yoga**	Studio 2
21:10-22:40	Argentinian Tango	Studio 1

Friday

Time	Course	Location
8:00-8:50	Pilates Matwork	Studio 1
10:00-10:50	Full Body	Studio 1
11:00-11:50	Cardio Dance	Studio 1
12:00-12:55	Aqua Combat	Pool
13:00-14:00	Hatha Yoga	Studio 1
15:00-15:50	Body Shape	Studio 1
15:00-15:55	Aqua Power	Pool
17:00-17:50	Full Body	Studio 1
18:00-18:50	Barre A Terre	Studio 2
18:00-18:50	Dance Art	Studio 1
18:00-18:55	Aqua Power	Pool
19:00-19:50	Spin Release	Spinning
19:00-19:50	Full Body	Studio 1
20:00-20:50	Pilates Matwork	Studio 2
20:00-20:50	Spintensity	Spinning

Tuesday

Time	Course	Location
8:15-9:10	Aqua Abs & Legs	Pool
10:00-10:50	Spintensity	Spinning
11:00-11:50	Full Body	Studio 1
11:00-11:50	*Contemporary Dance	Studio 2
12:00-12:50	Barre A Terre E Milleu	Studio 1
12:00-12:55	Aqua Power	Pool
13:00-14:00	Kripalu Yoga	Studio 1
15:00-15:50	Body Shape	Studio 1
16:00-16:50	Cardio Mix	Studio 1
17:00-17:50	Full Body	Studio 1
17:00-18:30	Asthanga Yoga***	Studio 2
18:00-18:50	Club House 2011	Studio 1
19:00-19:55	Aqua Extra Power	Pool
19:00-19:50	Absolutely Super Hips	Studio 1
19:00-19:50	Spintensity	Spinning
19:00-19:50	*TRX	Studio 2
19:50-20:10	Ab Attack	Studio 2
20:00-20:50	Fight Club	Studio 1
20:10-21:00	Spin Release	Spinning
21:00-22:30	*Kick Boxing	Studio 2
21:10-22:00	Tai Chi / Weapons	Studio 1

Saturday

Time	Course	Location
10:00-10:50	Hips & Abs	Studio 1
11:00-11:50	Body Shape	Studio 1
11:00-11:50	*Y-GIN	Studio 2
12:00-12:50	Pilates Matwork	Studio 1
13:00-13:55	Aqua Tone	Pool
17:00-17:50	Full Body	Studio 1
17:00-17:50	Spin Strength	Spinning
18:00-18:50	Yoga Med	Studio 1
18:00-18:50	Spintensity	Spinning

Wednesday

Time	Course	Location
8:00-8:50	Body Shape	Studio 1
9:00-9:50	Hips & Abs	Studio 1
10:00-10:50	Full Body	Studio 1
11:00-11:50	Fiesta Latino	Studio 1
12:00-13:00	Hatha Yoga****	Studio 1
12:00-12:55	Aqua Power	Pool
15:00-15:55	Aqua Power	Pool
15:00-15:50	Body Shape	Studio 1
17:00-17:50	Barre A Terre	Studio 1
17:00-17:50	Spintensity	Spinning
18:00-19:00	Forest Yoga	Studio 2
18:00-18:50	Full Body	Studio 1
19:00-19:50	Cardio Dance	Studio 1
19:00-19:55	Aqua Power	Pool
19:10-20:00	Spin Release	Spinning
19:30-19:50	Ab Attack	Studio 2
20:00-20:50	Pilates Matwork	Studio 1
20:00-20:50	Absolutely Super Hips	Studio 2
20:10-21:00	Spin Strength	Spinning
21:10-22:10	Kripalu Yoga	Studio 1

Sunday

Time	Course	Location
11:00-11:50	Body Shape	Studio 1
13:00-13:55	Aqua Tone	Pool

*Paid Class (From 27/9)

**from 6/9

***from 7/9

****from 15/9

Thursday

Time	Course	Location
8:15-9:10	Aqua Abs & Legs	Pool
10:00-10:50	Spintensity	Spinning
11:00-11:50	Full Body	Studio 1
11:00-11:50	*Παραδοσιακοί χοροί	Studio 2
12:00-12:55	Aqua Tone	Pool
12:30-13:20	Barre A Terre	Studio 1
15:00-15:50	Pilates Matwork	Studio 1
15:00-15:50	Spintensity	Spinning
16:00-16:50	Body Shape	Studio 1
17:00-17:50	Challenge	Studio 1
18:00-18:50	Body Shape	Studio 1
19:00-19:50	Cardio Mix	Studio 1
19:00-19:20	Ab Attack	Studio 2
19:00-19:55	Aqua Extra Power	Pool
19:20-20:10	Spin Release	Spinning
19:30-21:00	*Kick Boxing	Studio 2
20:00-21:30	Ashtanga Yoga	Studio 1
20:15-21:05	Spin Strength	Spinning
21:10-22:00	Tai Chi	Studio 2

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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