

GROUP FITNESS PROGRAM

DECEMBER 2018 (ισχύει απο 3/12)

MONDAY / ΔΕΥΤΕΡΑ	TUESDAY / ΤΡΙΤΗ	WEDNESDAY / ΤΕΤΑΡΤΗ	THURSDAY / ΠΕΜΠΤΗ	FRIDAY / ΠΑΡΑΣΚΕΥΗ	SATURDAY / ΣΑΒΒΑΤΟ
07:30-08:25 FULL BODY STUDIO 1 CHRISTOS PAPADOPOULOS	07:30-08:25 PILATES MAT STUDIO 2 MARIA STOURAITI	07:30-08:25 ABS / LEGS STUDIO 1 CHRISTOS PAPADOPOULOS	07:30-08:25 PILATES MAT STUDIO 2 MARIA STOURAITI	07:30-08:25 FULL BODY STUDIO 1 CHRISTOS PAPADOPOULOS	10:30-11:25 ABS / LEGS STUDIO 1 KOSTAS PSATHAS
08:30-09:25 ORTHOSOMIA STUDIO 2 ALKISTIS VOURAKI	08:30-09:25 ABS / LEGS STUDIO 1 VAGGELIS NIKOLAIDIS	08:30-09:25 ORTHOSOMIA STUDIO 2 ALKISTIS VOURAKI	08:30-09:25 FULL BODY STUDIO 1 VAGGELIS NIKOLAIDIS	08:30-09:25 VINYASA YOGA STUDIO 2 NIKI PETROULAKI	11:30-12:25 CARDIO CHOREO STUDIO 2 LAMPROS PIPERIS
08:30-09:20 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVLIS	08:30-09:20 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVLIS	08:30-09:20 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVLIS	08:30-09:20 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVLIS	08:30-09:20 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	12:30-13:20 VELO INDOOR CYCLING (IQNITER) SPIN NANA GKILOULOU
09:30-10:25 PILATES MAT STUDIO 2 MARIA STOURAITI	09:30-10:25 STRETCHING STUDIO 2 THALEIA SPANOU	09:30-10:25 DANCE IT UP STUDIO 2 MENELAOS PAPAGEORGIOU	09:30-10:25 INTERVAL-CIRCUIT STUDIO 1 VAGGELIS KERASIOITIS	09:30-10:25 PILATES MAT STUDIO 2 NIKI PETROULAKI	15:30-16:25 FULL BODY STUDIO 2 CHRISTOS PAPAGEORGIOU
09:30-10:25 FULL BODY STUDIO 1 SOTIRIS PASIALIS	09:30-10:25 FULL BODY STUDIO 1 VAGGELIS KERASIOITIS	09:30-10:25 FULL BODY STUDIO 1 CHRISTOS PAPADOPOULOS	09:30-10:25 STRETCHING STUDIO 2 THALEIA SPANOU	10:00-10:50 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	12:30-17:50 VELO INDOOR CYCLING (IQNITER) SPIN APOSTOLOS KOTOUFOS
10:00-10:50 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	10:00-10:50 VELO INDOOR CYCLING (IQNITER) SPIN NANA GKILOULOU	10:00-10:50 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVLIS	10:00-10:50 VELO INDOOR CYCLING (IQNITER) SPIN APOSTOLOS KOTOUFOS	10:30-11:25 FULL BODY STUDIO 1 ALEXANDROS LIALIOS	18:00-18:55 CROSS TRAINING STUDIO 1 APOSTOLOS KOTOUFOS
10:30-11:25 ABS / LEGS STUDIO 1 ALEXANDROS LIALIOS	10:30-11:25 CARDIO CHOREO 4 ALL STUDIO 1 LAMPROS PIPERIS	10:30-11:25 CARDIO CHOREO STUDIO 2 ALEXANDROS LIALIOS	10:30-11:25 ABS / LEGS STUDIO 1 MARIOS SIMAS	10:30-11:25 C.Y.B.A. STUDIO 2 STEFANOS KOUZOUNIS	18:00-18:55 DANCE IT UP STUDIO 2 MENELAOS PAPAGEORGIOU
11:30-12:25 CARDIO CHOREO STUDIO 1 ALEXANDROS LIALIOS	10:30-11:25 VINYASA YOGA STUDIO 2 VICKY PAPADOPOULOU	10:30-11:25 C.Y.B.A. STUDIO 1 STEFANOS KOUZOUNIS	10:30-11:25 VINYASA YOGA STUDIO 2 VICKY PAPADOPOULOU	11:30-12:25 STEP MAX STUDIO 1 ALEXANDROS LIALIOS	
12:30-13:25 VINYASA YOGA STUDIO 2 ION MAGKOS	11:30-12:25 ABS / LEGS STUDIO 1 LAMPROS PIPERIS	11:30-12:25 FULL BODY STUDIO 1 ALEXANDROS LIALIOS	11:30-12:25 CARDIO CHOREO MAX STUDIO 1 KOSTAS PSATHAS	17:00-17:55 INSANITY STUDIO 1 NANA GKILOULOU	
14:00-14:55 FULL BODY STUDIO 1 CHRISTOS PAPAGEORGIOU	12:30-13:25 STEP MAX STUDIO 1 KOSTAS PSATHAS	12:30-13:25 VINYASA YOGA STUDIO 2 ION MAGKOS	11:30-12:25 PILATES MAT STUDIO 2 TASOS LAZAROU	17:00-17:55 PILATES MAT STUDIO 2 PETTY LALA	
17:00-17:55 PILATES MAT STUDIO 2 PETTY LALA	17:00-17:55 INSANITY STUDIO 1 NANA GKILOULOU	17:00-17:55 PILATES MAT STUDIO 2 PETTY LALA	17:00-17:55 ABS / LEGS STUDIO 1 MARIOS SIMAS	18:00-18:55 INTERVAL-CIRCUIT STUDIO 1 MARIOS SIMAS	
17:00-17:55 FULL BODY STUDIO 1 GIORGOS KEFALAS	18:00-18:55 PILATES MAT STUDIO 2 CHRISTOS PAPAGEORGIOU	17:00-17:55 FULL BODY STUDIO 1 GIORGOS KEFALAS	18:00-18:55 FULL BODY STUDIO 1 ILIAS ASIMAKOPOULOS	18:00-18:55 VINYASA YOGA STUDIO 2 ION MAGKOS	
18:00-18:55 CARDIO CHOREO 4 ALL STUDIO 1 ALEXANDROS LIALIOS	18:00-18:55 ABS / LEGS STUDIO 1 ILIAS ASIMAKOPOULOS	18:00-18:55 ASHTANGA YOGA STUDIO 2 THEODORIS FAMELIS	18:00-18:55 PILATES MAT STUDIO 2 CHRISTOS PAPAGEORGIOU	18:00-18:50 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVLIS	ΤΑ ΣΚΙΑΓΡΑΦΗΜΕΝΑ ΜΑΘΗΜΑΤΑ ΕΧΟΥΝ ΕΠΙΠΛΕΟΝ ΧΡΕΩΣΗ (ΠΛΗΡΟΦΟΡΙΕΣ ΣΤΗ ΡΕΣΕΨΙΟΝ)
18:00-18:55 ASHTANGA YOGA STUDIO 2 THEODORIS FAMELIS	19:00-19:55 FULL BODY STUDIO 1 VAGGELIS KERASIOITIS	18:00-18:55 CARDIO CHOREO 4 ALL STUDIO 1 GIORGOS TROBETAS	19:00-19:55 INTERVAL-CIRCUIT STUDIO 1 VAGGELIS KERASIOITIS	19:00-19:55 BRAZU STUDIO 2 THIAGO SILVA	
18:00-18:50 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVLIS	19:00-19:55 VINYASA YOGA STUDIO 2 SPYROS TARIFAS	18:00-18:50 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	19:00-19:55 VINYASA YOGA STUDIO 2 SPYROS TARIFAS	19:00-19:55 ABS / LEGS STUDIO 1 MARIOS SIMAS	THE SHADED CLASSES HAVE AN EXTRA CHARGE (PLEASE INQUIRE WITH RECEPTION)
19:00-19:55 BUTT UP STUDIO 1 VAGGELIS KERASIOITIS	19:10-20:00 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	19:00-19:55 CROSS TRAINING STUDIO 1 ILIAS ASIMAKOPOULOS	19:00-19:50 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	19:10-20:00 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVLIS	
19:00-20:00 C.Y.B.A. STUDIO 2 STEFANOS KOUZOUNIS	20:00-20:55 STEP 4 ALL STUDIO 1 GIORGOS TROBETAS	19:00-19:55 BRAZU STUDIO 2 THIAGO SILVA	20:00-20:55 ZUMBA FINEST STUDIO 1 IRO TSAKIRI	20:00-21:00 FULL BODY STUDIO 1 ION MAGKOS	
19:10-20:00 VELO INDOOR CYCLING (IQNITER) SPIN GIANNIS KALOGEROPOULOS	20:00-20:55 PILATES MAT STUDIO 2 CHRISTOS PAPAGEORGIOU	19:10-20:00 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	20:00-20:55 PILATES MAT STUDIO 2 TASOS LAZAROU	20:00-20:55 ZUMBA FINEST STUDIO 2 IRO TSAKIRI	
20:00-20:55 INTERVAL-CIRCUIT STUDIO 1 MARIOS SIMAS	20:00-21:10 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	20:00-20:55 INTERVAL-CIRCUIT STUDIO 1 MARIOS SIMAS	20:10-21:00 VELO INDOOR CYCLING (IQNITER) SPIN NANA GKILOULOU		
20:00-20:55 DANCE IT UP STUDIO 2 MENELAOS PAPAGEORGIOU	21:00-21:55 FULL BODY STUDIO 1 ILIANA TILIOU	20:00-20:55 PILATES MAT STUDIO 2 ELENI SOFIANOPOULOU	21:00-21:55 PUNCHING THE FAT STUDIO 1 STEFANOS DANELIS		
20:20-21:10 VELO INDOOR CYCLING (IQNITER) SPIN GIANNIS KALOGEROPOULOS		20:20-21:10 VELO INDOOR CYCLING (IQNITER) SPIN APOSTOLOS KOTOUFOS			
21:00-21:55 ABS / LEGS STUDIO 1 ILIANA TILIOU		21:00-21:55 PUNCHING THE FAT STUDIO 1 STEFANOS DANELIS			

GYM TONIC

Λ. ΒΟΥΛΙΑΓΜΕΝΗΣ 96
ΓΛΥΦΑΔΑ 16675

ΤΗΛ: 213 033 5024

CLUB HOURS:

ΔΕΥΤΕΡΑ-ΠΑΡΑΣΚΕΥΗ: 06:45 - 00:00

ΣΑΒΒΑΤΟ: 09:00 - 21:00

ΚΥΡΙΑΚΗ: 10:00 - 18:00

GROUP FITNESS PROGRAM

HOLIDAY OPEN WEEK 2018 (ισχύει απο 10/12 έως 15/12)

MONDAY / ΔΕΥΤΕΡΑ 10/12	TUESDAY / ΤΡΙΤΗ 11/12	WEDNESDAY / ΤΕΤΑΡΤΗ 12/12	THURSDAY / ΠΕΜΠΤΗ 13/12	FRIDAY / ΠΑΡΑΣΚΕΥΗ 14/12	SATURDAY / ΣΑΒΒΑΤΟ 15/12
07:30-08:25 FULL BODY STUDIO 1 CHRISTOS PAPADOPOULOS	07:30-08:25 PILATES MAT STUDIO 2 MARIA STOURAITI	07:30-08:25 ABS / LEGS STUDIO 1 CHRISTOS PAPADOPOULOS	07:30-08:25 PILATES MAT STUDIO 2 MARIA STOURAITI	07:30-08:25 FULL BODY STUDIO 1 CHRISTOS PAPADOPOULOS	10:30-11:25 ABS / LEGS STUDIO 1 KOSTAS PSATHAS
08:30-09:25 XMAS STRENGTH STUDIO 2 ALKISTIS VOURAKI	08:30-09:25 ABS / LEGS STUDIO 1 VAGGELIS NIKOLAIDIS	08:30-09:25 ORTHOSOMIA STUDIO 2 ALKISTIS VOURAKI	08:30-09:25 FULL BODY STUDIO 1 VAGGELIS NIKOLAIDIS	08:30-09:25 VINYASA YOGA STUDIO 2 NIKI PETROULAKI	11:30-12:25 CARDIO CHOREO STUDIO 2 LAMPROS PIPERIS
08:30-09:20 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVILIS	08:30-09:20 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVILIS	08:30-09:20 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVILIS	08:30-09:20 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVILIS	08:30-09:20 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	12:30-13:20 VELO INDOOR CYCLING (IQNITER) SPIN NANA GKIOULOU
09:30-10:25 PILATES MAT STUDIO 2 MARIA STOURAITI	09:30-10:25 BALANCED STRENGTH STUDIO 2 THALEIA SPANOU	09:30-10:25 DANCE IT UP STUDIO 2 MENELAOS PAPAGEORGIOU	09:30-10:25 INTERVAL-CIRCUIT STUDIO 1 VAGGELIS KERASIOITIS	09:30-10:25 PILATES MAT STUDIO 2 NIKI PETROULAKI	15:30-16:25 FULL BODY STUDIO 2 CHRISTOS PAPAGEORGIOU
09:30-10:25 FULL BODY STUDIO 1 SOTIRIS PASIALIS	09:30-10:25 FULL BODY STUDIO 1 VAGGELIS KERASIOITIS	09:30-10:25 FULL BODY STUDIO 1 CHRISTOS PAPADOPOULOS	09:30-10:25 PILATES BOOT CAMP STUDIO 2 THALEIA SPANOU	10:00-10:50 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	17:00-17:50 VELO INDOOR CYCLING (IQNITER) SPIN APOSTOLOS KOTOUFOS
10:00-10:50 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	10:00-10:50 VELO INDOOR CYCLING (IQNITER) SPIN NANA GKIOULOU	10:00-10:50 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVILIS	10:00-10:50 VELO INDOOR CYCLING (IQNITER) SPIN APOSTOLOS KOTOUFOS	10:30-11:25 FULL BODY STUDIO 1 ALEXANDROS LIALIOS	18:00-18:55 CROSS TRAINING STUDIO 1 APOSTOLOS KOTOUFOS
10:30-11:25 ABS / LEGS STUDIO 1 ALEXANDROS LIALIOS	10:30-11:25 MAGIE DE NOEL DANCE STUDIO 1 LAMPROS PIPERIS	10:30-11:25 CARDIO CHOREO STUDIO 2 ALEXANDROS LIALIOS	10:30-11:25 ABS / LEGS STUDIO 1 MARIOS SIMAS	10:30-11:25 C.Y.B.A. STUDIO 2 STEFANOS KOUZOUNIS	18:00-18:55 DANCE IT UP STUDIO 2 MENELAOS PAPAGEORGIOU
11:30-12:25 CARDIO CHOREO STUDIO 1 ALEXANDROS LIALIOS	10:30-11:25 VINYASA YOGA STUDIO 2 VICKY PAPADOPOULOU	10:30-11:25 C.Y.B.A. BANDS STUDIO 1 STEFANOS KOUZOUNIS	10:30-11:25 VINYASA YOGA STUDIO 2 VICKY PAPADOPOULOU	11:30-12:25 DOUBLE TROUBLE XMAS STEP STUDIO 1 LIALIOS / PSATHAS	
12:30-13:25 TRAMPOLINE STUDIO 1 PANOS PANTIOS	11:30-12:25 ABS / LEGS STUDIO 1 LAMPROS PIPERIS	11:30-12:25 FULL BODY STUDIO 1 ALEXANDROS LIALIOS	11:30-12:25 CARDIO CHOREO MAX STUDIO 1 KOSTAS PSATHAS	17:00-17:55 INSANITY STUDIO 1 NANA GKIOULOU	SUNDAY / ΚΥΡΙΑΚΗ 16/12
12:30-13:25 VINYASA YOGA STUDIO 2 ION MAGKOS	12:30-13:25 STEP MAX STUDIO 1 KOSTAS PSATHAS	12:30-13:25 VINYASA YOGA STUDIO 2 ION MAGKOS	11:30-12:25 PILATES MAT STUDIO 2 TASOS LAZAROU	17:00-17:55 PILATES MAT STUDIO 2 PETTY LALA	11:00-11:50 PILATES MAT STUDIO 2 CHRISTOS PAPAGEORGIOU
14:00-14:55 FULL BODY STUDIO 1 CHRISTOS PAPAGEORGIOU	17:00-17:55 INSANITY STUDIO 1 NANA GKIOULOU	12:30-13:25 TRAMPOLINE STUDIO 1 PANOS PANTIOS	17:00-17:55 ABS / LEGS STUDIO 1 MARIOS SIMAS	18:00-18:55 INTERVAL-CIRCUIT STUDIO 1 MARIOS SIMAS	12:00-12:50 FULL BODY STUDIO 2 CHRISTOS PAPAGEORGIOU
17:00-17:55 PILATES MAT STUDIO 2 PETTY LALA	18:00-18:55 PILATES MAT STUDIO 2 CHRISTOS PAPAGEORGIOU	17:00-17:55 PILATES MAT STUDIO 2 PETTY LALA	18:00-18:55 FULL BODY STUDIO 1 ILIAS ASIMAKOPOULOS	18:00-18:55 OPEN HEART YOGA STUDIO 2 ION MAGKOS	
17:00-17:55 FULL BODY STUDIO 1 GIORGOS KEFALAS	18:00-18:55 ABS / LEGS STUDIO 1 ILIAS ASIMAKOPOULOS	17:00-17:55 FULL BODY STUDIO 1 GIORGOS KEFALAS	18:00-18:55 PILATES MAT STUDIO 2 CHRISTOS PAPAGEORGIOU	18:00-18:50 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVILIS	ΤΑ ΣΚΙΑΓΡΑΦΗΜΕΝΑ ΜΑΘΗΜΑΤΑ ΕΧΟΥΝ ΕΠΙΠΛΕΟΝ ΧΡΕΩΣΗ (ΠΛΗΡΟΦΟΡΙΕΣ ΣΤΗ ΡΕΣΕΨΙΟΝ)
18:00-18:55 XMAS DANCE SPIRIT STUDIO 1 ALEXANDROS LIALIOS	19:00-19:55 FULL BODY STUDIO 1 VAGGELIS KERASIOITIS	18:00-18:55 ASHTANGA YOGA STUDIO 2 THEODORIS FAMELIS	19:00-19:55 INTERVAL-CIRCUIT STUDIO 1 VAGGELIS KERASIOITIS	19:00-19:55 XMAS BRAZU PARTY STUDIO 2 THIAGO SILVA	
18:00-18:55 ASHTANGA YOGA STUDIO 2 THEODORIS FAMELIS	19:00-19:55 THE POWER OF 2GETHER YOGA STUDIO 2 NIKI PETROULAKI	18:00-19:30 ANIMAL MOVEMENT STUDIO 1 PANOS THEODOROU	19:00-19:55 VINYASA YOGA STUDIO 2 SPYROS TARIFAS	19:00-19:55 ABS / LEGS STUDIO 1 MARIOS SIMAS	THE SHADED CLASSES HAVE AN EXTRA CHARGE (PLEASE INQUIRE WITH RECEPTION)
18:00-18:50 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVILIS	19:10-20:00 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	18:00-18:50 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	18:00-20:50 VELO INDOOR CYCLING MARATHON SPIN CYCLING TEAM	19:10-20:00 VELO INDOOR CYCLING (IQNITER) SPIN MICHALIS VIRVILIS	
19:00-20:55 BE FIT STUDIO 1 KERASIOITIS/SIMAS/ASKIMAKOPOULOS	20:00-20:55 STEP 4 ALL STUDIO 1 GIORGOS TROBETAS	19:30-20:55 COMBO X STUDIO 1 KERASIOITIS/SIMAS/ASKIMAKOPOULOS	20:00-20:55 XMAS ZUMBA PARTY STUDIO 1 IRO TSAKIRI	20:00-21:00 FULL BODY STUDIO 1 ION MAGKOS	ORANGE SHADED CLASSES ARE "SPECIAL CLASSES" FOR HOLIDAY OPEN WEEK
19:00-20:00 C.Y.B.A. STUDIO 2 STEFANOS KOUZOUNIS	20:00-20:55 PILATES MAT STUDIO 2 CHRISTOS PAPAGEORGIOU	19:00-19:55 BRAZU STUDIO 2 THIAGO SILVA	20:00-20:55 PILATES MAT STUDIO 2 TASOS LAZAROU	20:00-20:55 ZUMBA STUDIO 2 IRO TSAKIRI	
19:10-20:00 VELO INDOOR CYCLING (IQNITER) SPIN GIANNIS KALOGEROPOULOS	20:20-21:10 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	19:10-20:00 VELO INDOOR CYCLING (IQNITER) SPIN MINAS MALATOS	21:00-21:55 PUNCHING THE FAT STUDIO 1 STEFANOS DANELIS		
20:00-20:55 DANCE IT UP STUDIO 2 MENELAOS PAPAGEORGIOU	21:00-21:55 FULL BODY STUDIO 1 ILIANA TILIOU	20:00-20:55 PILATES MAT STUDIO 2 ELENI SOFIANOPOULOU			
20:20-21:10 VELO INDOOR CYCLING (IQNITER) SPIN GIANNIS KALOGEROPOULOS		20:20-21:10 VELO INDOOR CYCLING (IQNITER) SPIN APOSTOLOS KOTOUFOS			
21:00-21:55 ABS / LEGS STUDIO 1 ILIANA TILIOU		21:00-21:55 FUNCTIONAL BOX STUDIO 1 STEFANOS DANELIS			

GYM TONIC

Λ. ΒΟΥΛΙΑΓΜΕΝΗΣ 96
ΓΛΥΦΑΔΑ 16675

ΤΗΛ: 213 033 5024

CLUB HOURS:

ΔΕΥΤΕΡΑ-ΠΑΡΑΣΚΕΥΗ: 06:45 - 00:00

ΣΑΒΒΑΤΟ: 09:00 - 21:00

ΚΥΡΙΑΚΗ: 10:00 - 18:00