

# GROUP FITNESS PROGRAM

## JULY 2018 (ανά 2/7/2018)

MONDAY / ΔΕΥΤΕΡΑ	TUESDAY / ΤΡΙΤΗ	WEDNESDAY / ΤΕΤΑΡΤΗ	THURSDAY / ΠΕΜΠΤΗ	FRIDAY / ΠΑΡΑΣΚΕΥΗ	SATURDAY / ΣΑΒΒΑΤΟ
09:00-10:00 <b>Total Body Concept</b> STUDIO 1 SOTIRIS PASIALIS	09:00-10:00 <b>C.Y.B.A.</b> STUDIO 1 STEFANOS KOUZOUNIS	09:00-10:00 <b>CARDIO CHOREO</b> STUDIO 1 ALEXANDROS LIALIOS	09:00-10:00 <b>AERO FIGHT</b> STUDIO 1 DIONYSIS DRAKOPOULOS	09:00-10:00 <b>ABS / LEGS</b> STUDIO 1 KOSTAS PSATHAS	10:30-12:00 <b>DANCE STYLE MAX</b> STUDIO 1 LAMPROS PIPERIS
09:40-10:00 <b>STRETCH &amp; FLEX</b> FITNESS FITNESS TEAM	09:00-10:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	09:40-10:00 <b>BOOT CAMP</b> FITNESS FITNESS TEAM	09:40-10:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	09:40-10:00 <b>BOOT CAMP</b> FITNESS FITNESS TEAM	11:00-12:00 <b>SPIN POWER METABOLIC BOOST</b> SPIN NANA GKIOULOU
10:00-11:00 <b>ABS / LEGS</b> STUDIO 1 SOTIRIS PASIALIS	09:40-10:00 <b>SUSPENSION TRAINING</b> FITNESS FITNESS TEAM	10:00-11:00 <b>INTERVAL CIRCUIT</b> V STUDIO ILIAS ASIMAKOPOULOS	09:40-10:00 <b>BRAZILIAN BUTT</b> FITNESS FITNESS TEAM	10:00-11:00 <b>CARDIO CHOREO</b> STUDIO 1 KOSTAS PSATHAS	12:00-13:30 <b>ATHLETE'S PERFORMANCE</b> STUDIO 1 ARIS NERSESIADIS
11:00-12:00 <b>PILATES MAT</b> STUDIO 1 ELENI SOFIANOPOULOU	10:00-11:00 <b>ZUMBA</b> STUDIO 2 IRO TSAKIRI	10:00-11:20 <b>YOGA FLOW (80')</b> STUDIO 1 IONAS MAGKOS	10:00-11:00 <b>C.Y.B.A.</b> STUDIO 1 STEFANOS KOUZOUNIS	10:00-11:15 <b>VINYASA YOGA</b> STUDIO 2 IONAS MAGKOS	13:40-14:00 <b>BRAZILIAN BUTT</b> FITNESS FITNESS TEAM
12:00-12:20 <b>BRAZILIAN BUTT</b> FITNESS FITNESS TEAM	10:00-11:00 <b>FULL BODY</b> STUDIO 1 ILIAS ASIMAKOPOULOS	11:00-12:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	11:00-12:00 <b>ZONE FUNCTIONAL TRAINING</b> V STUDIO APOSTOLOS KOTOUFOS	11:00-12:00 <b>PILATES MAT</b> STUDIO 1 EVA DRAKOU	17:00-18:00 <b>Cross Training Concept</b> STUDIO 1 APOSTOLOS KOTOUFOS
12:00-13:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	11:00-12:00 <b>SPIN POWER FAT BURN</b> SPIN NANA GKIOULOU	11:30-12:30 <b>PILATES MAT</b> STUDIO 1 ELENI SOFIANOPOULOU	11:00-12:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	11:00-12:00 <b>SPIN POWER STRENGTH</b> SPIN TASOS ZACHAROPOULOS	18:10-19:10 <b>SPIN POWER INTERVAL</b> SPIN APOSTOLOS KOTOUFOS
13:00-14:00 <b>AQUA FITNESS</b> POOL INA DOSI	11:00-12:00 <b>VINYASA YOGA</b> STUDIO 1 NIKOS FLORAKIS	12:00-12:20 <b>STRETCH &amp; FLEX</b> FITNESS FITNESS TEAM	11:00-12:00 <b>ZUMBA</b> STUDIO 1 IRO TSAKIRI	12:00-12:20 <b>ABS SOLUTION</b> FITNESS FITNESS TEAM	18:40-19:00 <b>ABS SOLUTION</b> FITNESS FITNESS TEAM
15:30-15:50 <b>ABS SOLUTION</b> FITNESS FITNESS TEAM	12:00-12:20 <b>ABS SOLUTION</b> FITNESS FITNESS TEAM	13:00-14:00 <b>AQUA PILATES</b> POOL INA DOSI	11:00-12:00 <b>SPIN POWER INTERVAL</b> SPIN TASOS ZACHAROPOULOS	13:00-14:00 <b>AQUA DANCE</b> POOL INA DOSI	
16:00-17:00 <b>ATHLETE'S PERFORMANCE</b> STUDIO 1 ARIS NERSESIADIS	13:00-14:00 <b>AQUA FITNESS</b> POOL ELENI THEOCHARI	15:30-15:50 <b>BRAZILIAN BUTT</b> FITNESS FITNESS TEAM	12:00-12:20 <b>SUSPENSION TRAINING</b> FITNESS FITNESS TEAM	13:00-14:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	
17:00-18:00 <b>BUTT UP</b> STUDIO 1 MARIOS SIMAS	15:30-15:50 <b>BOOT CAMP</b> FITNESS FITNESS TEAM	16:00-17:00 <b>ATHLETE'S PERFORMANCE</b> STUDIO 1 ARIS NERSESIADIS	13:00-14:00 <b>AQUA FITNESS</b> POOL ELENI THEOCHARI	15:30-15:50 <b>SUSPENSION TRAINING</b> FITNESS FITNESS TEAM	
17:00-18:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	16:00-17:00 <b>ABS / LEGS</b> STUDIO 1 ELENI PAPADOPOULOU	17:00-18:00 <b>BUTT UP</b> STUDIO 1 VAGGELIS KERASIOTIS	15:30-15:50 <b>STRETCH &amp; FLEX</b> FITNESS FITNESS TEAM	16:00-17:00 <b>ATHLETE'S PERFORMANCE</b> STUDIO 1 ARIS NERSESIADIS	
18:00-19:00 <b>SOUL SPIN BIKE</b> SPIN DIONYSIS DRAKOPOULOS	17:00-18:00 <b>PILATES MAT</b> STUDIO 1 ELENI PAPADOPOULOU	17:00-18:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	16:00-17:00 <b>ABS / LEGS</b> STUDIO 1 ELENI PAPADOPOULOU	17:00-18:00 <b>Total Body Concept</b> STUDIO 1 THEMIS KITSOS	ΤΑ ΣΧΙΣΤΑΓΡΑΦΗΜΕΝΑ ΜΑΘΗΜΑΤΑ ΕΧΟΥΝ ΕΠΙΠΛΕΟΝ ΧΡΕΩΣΗ (ΠΑΗΡΟΦΟΡΕΙΣ ΣΤΗ ΡΕΖΕΡΒΙΩΝ)
18:00-19:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	18:00-19:00 <b>STEP CHOREO</b> STUDIO 1 GIORGOS TROBETAS	18:00-19:00 <b>Cross Training Concept</b> STUDIO 1 APOSTOLOS KOTOUFOS	17:00-18:00 <b>PILATES MAT</b> STUDIO 1 ELENI PAPADOPOULOU	17:45-18:45 <b>ZONE FUNCTIONAL TRAINING</b> V STUDIO APOSTOLOS KOTOUFOS	
18:00-19:10 <b>VINYASA YOGA</b> STUDIO 2 VICKY PAPADOPOULOU	18:00-19:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	18:00-19:00 <b>LATIN DANCE (ADVANCED)</b> STUDIO 2 CHRISTOS BAKOPOULOS (ΕΔΣ 11/7)	18:00-19:00 <b>AERO DANCE</b> STUDIO 1 LAMPROS PIPERIS	18:00-19:00 <b>FULL BODY</b> STUDIO 1 VAGGELIS KERASIOTIS	THE SHADED CLASSES HAVE AN EXTRA CHARGE (PLEASE INQUIRE WITH RECEPTION)
18:40-19:00 <b>BOOT CAMP</b> FITNESS FITNESS TEAM	18:00-19:00 <b>SPIN POWER FAT BURN</b> SPIN APOSTOLOS KOTOUFOS	18:00-19:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	18:00-19:00 <b>SPIN POWER METABOLIC BOOST</b> SPIN APOSTOLOS KOTOUFOS	18:00-19:00 <b>SPIN POWER INTERVAL</b> SPIN NANA GKIOULOU	
19:00-20:00 <b>FULL BODY</b> STUDIO 1 GIORGOS KEFALAS	18:40-19:00 <b>STRETCH &amp; FLEX</b> FITNESS FITNESS TEAM	18:40-19:00 <b>SUSPENSION TRAINING</b> FITNESS FITNESS TEAM	18:00-19:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	18:40-19:00 <b>BRAZILIAN BUTT</b> FITNESS FITNESS TEAM	
19:00-20:00 <b>SOUL SPIN BIKE</b> SPIN DIONYSIS DRAKOPOULOS	19:00-20:00 <b>SOUL SPIN BIKE</b> STUDIO 1 STAVROS KRITIDIS	19:00-20:00 <b>ZUMBA</b> STUDIO 1 IRO TSAKIRI	18:40-19:00 <b>ABS SOLUTION</b> FITNESS FITNESS TEAM	19:00-20:00 <b>VINYASA YOGA</b> STUDIO 1 THANASIS MPOUNAS	
19:00-20:00 <b>ZONE FUNCTIONAL TRAINING</b> V STUDIO GIORGOS TROBETAS	19:00-20:00 <b>SPIN POWER HIGHTENSITY</b> SPIN APOSTOLOS KOTOUFOS	19:00-20:00 <b>ABS / LEGS</b> V STUDIO GIORGOS KEFALAS	19:00-20:00 <b>ABS / LEGS</b> STUDIO 1 STAVROS KRITIDIS	19:00-20:00 <b>CARDIO CHOREO</b> STUDIO 2 GIORGOS TROBETAS	
19:30-20:30 <b>AQUA AEROBICS POWER</b> POOL ELENI THEOCHARI	19:00-20:00 <b>ZONE FUNCTIONAL TRAINING</b> V STUDIO ARGYRIS GEORGIOULIS	19:00-20:00 <b>SALSA/BACHATA (ADVANCED)</b> STUDIO 2 CHRISTOS BAKOPOULOS (ΕΔΣ 11/7)	19:00-20:00 <b>SPIN POWER INTEGRATED</b> SPIN APOSTOLOS KOTOUFOS	19:00-20:00 <b>SPIN POWER METABOLIC BOOST</b> SPIN NANA GKIOULOU	GROUP FITNESS MANAGER: GEORGE XIROS VARI SPORTS CLUB
19:40-20:00 <b>SUSPENSION TRAINING</b> FITNESS FITNESS TEAM	19:30-20:30 <b>AQUA FITNESS</b> POOL ANTHI VOULGARI (ΕΔΣ 3/7)	19:10-20:10 <b>SPIN POWER F.I.T.</b> SPIN APOSTOLOS KOTOUFOS	19:00-20:00 <b>Brazilian Butt</b> STUDIO 2 THIAGO SILVA	19:00-20:00 <b>ZONE FUNCTIONAL TRAINING</b> V STUDIO DIONYSIS DRAKOPOULOS	ΛΕΩΦΟΡΟΣ ΒΑΡΗΣ 90 ΒΑΡΗ 16672 ΑΘΗΝΑ
20:00-21:00 <b>DANCE STYLE</b> STUDIO 1 LAMPROS PIPERIS	19:40-20:00 <b>BRAZILIAN BUTT</b> FITNESS FITNESS TEAM	19:30-20:20 <b>AQUA AEROBICS POWER</b> POOL ELENI THEOCHARI	19:00-20:00 <b>PILATES REFORMER MINI-GROUP</b> PILATES PILATES TEAM	19:30-20:30 <b>AQUA PILATES</b> POOL ELENI THEOCHARI	210.8990048 <a href="http://WWW.VARISPORTSCLUB.COM">WWW.VARISPORTSCLUB.COM</a>
20:00-21:00 <b>Pilates Concept</b> STUDIO 2 NIKOS STAVROPOULOS	20:00-21:30 <b>VINYASA YOGA (90')</b> STUDIO 1 THANASIS MPOUNAS	19:40-20:00 <b>ABS SOLUTION</b> FITNESS FITNESS TEAM	19:30-20:30 <b>AQUA FITNESS</b> POOL ANTHI VOULGARI (ΕΔΣ 5/7)	19:40-20:00 <b>STRETCH &amp; FLEX</b> FITNESS FITNESS TEAM	CLUB HOURS: ΔΕΥΤΕΡΑ-ΠΑΡΑΣΚΕΥΗ: 07:00 - 00:00
20:00-21:00 <b>SPIN POWER INTERVAL</b> SPIN NIKOS VROUZAS	20:15-21:15 <b>ZONE FUNCTIONAL TRAINING</b> V STUDIO APOSTOLOS KOTOUFOS	20:00-21:00 <b>ARGENTINIAN TANGO (ADV)</b> STUDIO 2 CHRISTOS BAKOPOULOS (ΕΔΣ 11/7)	19:40-20:00 <b>BOOT CAMP</b> FITNESS FITNESS TEAM	20:00-21:00 <b>C.Y.B.A.</b> STUDIO 1 STEFANOS KOUZOUNIS	ΣΑΒΒΑΤΟ: 09:00 - 20:00 ΚΥΡΙΑΚΗ: 10:00 - 18:00
21:00-22:00 <b>FULL BODY</b> STUDIO 1 LAMPROS PIPERIS		20:00-21:00 <b>Total Body Concept</b> STUDIO 1 IRO TSAKIRI	20:00-21:00 <b>PILATES MAT</b> STUDIO 2 EVA DRAKOU	20:00-21:00 <b>ZUMBA</b> STUDIO 2 IRO TSAKIRI	
		20:00-21:00 <b>PILATES MAT</b> V STUDIO NIKOS STAVROPOULOS	20:00-21:00 <b>INTERVAL CIRCUIT</b> STUDIO 1 MARIOS SIMAS		
		20:10-21:10 <b>SPIN POWER INTERVAL</b> SPIN APOSTOLOS KOTOUFOS	20:00-21:00 <b>ZONE FUNCTIONAL TRAINING</b> V STUDIO KATERINA SOTIROPOULOU		
		21:00-22:20 <b>YOGA FLOW (80')</b> STUDIO 1 THANASIS MPOUNAS			

