

# CLASS SCHEDULE

OPEN HOURS – Fitness First Kalimera Kriti  
8:30 – 12:30 and 14:30 – 19:30



| MONDAY                                    | TUESDAY                              | WEDNESDAY                                | THURSDAY                                    | FRIDAY                                    | SATURDAY                                    | SUNDAY                                      |
|---|--------------------------------------|--|---|---|---|---|
| 10:45-11:15<br><b>Core X-press</b><br>☯️🦵 | 10:45-11:15<br><b>Yoga</b><br>☯️     | 10:45-11:15<br><b>Strong back</b><br>☯️🦵 | 10:45-11:15<br><b>Yoga</b><br>☯️            | 10:45-11:15<br><b>Core X-press</b><br>☯️🦵 | 10:45-11:15<br><b>Strong back</b><br>☯️🦵    |   |
| 11:45-12:15<br><b>AquaFit</b><br>♥️       | 12:00-12:30<br><b>BodyFit</b><br>♥️🦵 | 11:45-12:15<br><b>AquaFit</b><br>♥️      | 12:00-12:30<br><b>Yoga</b><br>☯️            | 11:45-12:15<br><b>AquaFit</b><br>♥️       | 12:00-12:30<br><b>H.I.I.T Tabata</b><br>♥️🦵 |   |
| 12:00-12:30<br><b>Yoga</b><br>☯️          |                                      | 12:00-12:30<br><b>Faszien Yoga</b><br>☯️ | 12:00-12:30<br><b>H.I.I.T Tabata</b><br>♥️🦵 | 12:00-12:30<br><b>BodyFit</b><br>♥️🦵      |   |   |
|   |                                      |  |   |   |   | 16:30-17:00<br><b>Yoga</b><br>☯️            |
| 16:30-17:00<br><b>Yoga</b><br>☯️          |                                      | 16:30-17:00<br><b>Yoga</b><br>☯️         |   | 16:30-17:00<br><b>Yoga</b><br>☯️          |   | 17:30-18:00<br><b>H.I.I.T Tabata</b><br>♥️🦵 |

Pool

Fitness First Club

♥️ Cardio Training

☯️ Relax

🦵 Muscle Strength

👤 Choreography

