

Group Training Program



ANGSANA
CORFU



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00-08:50	CROSS TRAINING	PILATES	HIIT 45min	PILATES	CROSS TRAINING		
09:00-09:50	PILATES	TRX	PILATES	TRX	YOGA VINYASA FLOW		
10:00-10:45	AQUA	AQUA	AQUA	AQUA	AQUA	PILATES/YOGA	
15:00-15:45	AQUA	AQUA	AQUA	AQUA	AQUA		
16:00-16:50		PILATES	CROSS TRAINING	PILATES		HIIT 45min	
17:00-17:50	CROSS TRAINING	HIPS N' ABS	PILATES	CROSS TRAINING	HIIT 45min		
18:00-18:50	YOGA VINYASA FLOW	TRX	HIIT 45min	YOGA VINYASA FLOW	PILATES		
19:00-19:50	AEROBIC				AEROBIC		

All Sessions Are Free of Charge