

FRIDAY 20/05

TIME	CLASS	INSTRUCTOR	AREA
7:45 - 8:00	NRG Xpress	Gym Team	Xpress Area
8:00-9:00	Early Riser Spinning	Τερζιάδης Θεολόγος - Μπενίσης Γιώργος	Spinning Studio
9:00-9:15	Aqua Xpress	Aqua Pool Team	Pool
9:00-10:20	Yoga for Strength and Flexibility	Φραγκάκης Αντώνης	Studio 1
10:00-10:15	Abs & Legs Xpress	Gym Team	Xpress Area
10:30-11:20	Airfit Team Teach	Moises Guterrez (HP Barcelona) / Αργυροπούλου Μαρία	Studio 1
11:00-12:00	Outdoor Pilates*	Αντωνάτος Κώστας / Λία Θραβάλου	Outdoor-Ζάππειο
11:15-11:30	Pump your Strength Xpress	Gym Team	Xpress Area
11:30-12:30	MIB/Rock Your Abs Team Teach	Moises Guterrez (HP Barcelona) / Αργυροπούλου Μαρία / Ανεστοπούλου Νένα	Studio 1
12:30-13:15	Aqua Pool Team Workout	HP Pool Team	Pool
14:15-14:30	Abs & Core Xpress	Gym Team	Xpress Area
15:00-15:50	Aqua Zumba Party	Δημήτρης Κανδρής	Pool
15:00-15:50	Body Pump™ Team Teach	Steve Tansey LM (UK) Κώστας Παγκαλιδής	Studio 1
16:00-16:50	Body Combat™ Team Teach	Steve Tansey LM (UK) Κώστας Παγκαλιδής	Studio 1
16:15-16:30	NRG Xpress	Gym Team	Xpress Area
16:30-17:30	Long Run Spinning	Μουστάκης Τάσος	Spinning Studio
17:00-17:50	Basic Mat Pilates & Barre a Terre	Άννα Διονυσοπούλου / Κατερίνα Νιώρα	Studio 1
17:45 - 18:00	Abs & Core Xpress	Gym Team	Xpress Area
18:00-19:00	Detox Tips	Nutrition Team (Δημήτρης Πέτσιος)	Eat Well Area
18:00-19:00	Heartbeats Games	Κασταμούλας Βαγγέλης	Spinning Studio
18:00-18:50	Cross Training	Τερζόπουλος Παύλος	Studio 1
19:00-20:30	Yoga for Strength and Flexibility	Νίκος Φλωράκης	Studio 1
19:30-20:30	Hills Power	Μουστάκης Τάσος	Spinning Studio
19:45-20:00	Cardio Combo Xpress	Gym Team	Xpress Area

SATURDAY 21/5

TIME	CLASS	INSTRUCTOR	AREA
09:30-10:50	Yoga for Strength and Flexibility	Φραγκάκης Αντώνης	Studio 1
10:45-11:00	Pump your Strength Xpress	Gym Team	Xpress Area
10:00-10:50	Long Run Spinning	Τελώνης Σταμάτης	Spinning Studio
11:00-11:50	Body Pump™ Team Teach	Steve Tansey LM (UK)/ Γεράσιμος Κολιάς	Studio 1
12:00-12:50	Body Combat™ Team Teach	Steve Tansey LM (UK)/Κώστας Παγκαλιδής	Studio 1
12:30-13:00	TRX SGC	HP Athens Team	Gym
12:45-13:00	Cardio Combo Xpress	Gym Team	Xpress Area
13:30-14:00	TRX SGC	HP Athens Team	Gym
13:00-13:50	Advanced Mat Pilates	Αντωνάτος Κώστας - Νίκος Φλωράκης	Studio 1
14:00-15:00	Aqua Pilates	Δώρα Τιμιλιάρη	Pool
14:00-14:50	Spartans	Moises Guterrez / Παναγιώτης Κατερινάκης	Studio 1
15:00-16:20	Yoga for Strength and Flexibility	Πιλιανού Ελένη	Studio 1
16:30-17:20	AirFit	Rute Pereira (HP Portugal) / Μειμαριδής Τάνια	Studio 1
16:15-16:30	NRG Xpress	Gym Team	Xpress Area
16:00-17:00	Better Together (Spinning Team)	Τερζιάδης Θεολόγος - Κοκολάκης Μάριος	Spinning Studio
17:00-17:50	Pilates with Foam Roller	Κική Μαθιοπούλου	Pilates Studio
17:00-17:15	Aqua Xpress	Aqua Pool Team	Pool
17:30-18:20	MIB/Rock Your Abs Team Teach	Rute Pereira (HP Portugal)/Μειμαριδής Τάνια	Studio 1
17:30-18:30	Better Together (Spinning Team)	Τερζιάδης Θεολόγος - Δώρα Τιμιλιάρη	Spinning Studio
18:30-19:20	Tabata Challenge	Τερζόπουλος Παύλος	Studio 1
19:30-19:45	Stretch Xpress	Gym Team	Xpress Area

SUNDAY 22/5

TIME	CLASS	INSTRUCTOR	AREA
11:00 - 11:50	Pilates with Ring	Μαρία Σύλλα	Studio 1
11:45 - 12:00	Cardio Combo Xpress	Gym Team	Xpress Area
12:00 - 12:50	MIB/ Activate	Moises Guterrez (HP Barcelona) / Μειμαριδής Τάνια	Studio 1
13:00 - 13:50	Airfit	Moises Guterrez (HP Spain) / Μειμαριδής Τάνια	Studio 1
13:00 - 13:45	Aqua Fit	HP Pool Team	Pool
13:00 - 14:00	Better Together (Spinning Team)	Κασταμούλας Βαγγέλης / Παπασταθοπούλου Κατερίνα	Spinning Studio
13:45 - 14:00	NRG Xpress	Gym Team	Xpress Area
14:00 - 15:30	Yoga for Strength and Flexibility	Ίωνας Μάγκος	Studio 1
14:30 - 15:30	Better Together (Spinning Team)	Κασταμούλας Βαγγέλης / Παπασταθοπούλου Κατερίνα	Spinning Studio
16:00 - 16:15	Pump your Strength Xpress	Gym Team	Xpress Area

FRIDAY 20/05

TIME	CLASS	INSTRUCTOR	AREA
8:00 - 8:50	Tabata Challenge	Ίωνας Μάγκος	Move Well Area
9:00 - 9:15	Super Glute Xpress	Gym Team	Gym Area
9:00 - 9:50	Outdoor Pilates	Σοφία Μπούρου	Roof Garden
10:00 - 10:45	Aqua Pilates	Pool Team	Pool Area
10:00 - 10:50	MIB/ACTIVATE	Rute Pereira-Δέσποινα Βασιλοπούλου	Move Well Area
11:00 - 11:15	Cardio Combo Xpress	Gym Team	Gym Area
11:00 - 11:50	Airfit Team Teach	Rute Pereira-Μαρία Κάραλη	Move Well Area
12:00 - 12:15	NRG Xpress	Gym Team	Gym Area
12:00 - 12:45	Aqua Twins	Pool Team	Pool Area
12:00 - 12:50	Long Run Spinning	Γιώργος Μπενίσης	Cycling Studio
12:00 - 12:50	Basic Mat Pilates & Barre a Terre	Κατερίνα Βίτσα	Body and Mind Area
12:15 - 12:45	Surfset Fitness	Γιάννης Στίνης	Move Well Area
13:00 - 14:30	Yoga for Strength and Flexibility	Ίωνας Μάγκος	Body and Mind Area
14:30 - 14:45	Core and ABS Xpress	Gym Team	Gym Area
15:00 - 15:15	Aqua Xpress	Pool Team	Pool Area
16:00 - 16:15	Functional Xpress	Gym Team	Gym Area
17:00 - 17:50	Tabata Challenge Team Teach	Αλέξανδρος Λιάλιος-Αλέξανδρος Γιαννόπουλος	Move Well Area
18:00 - 18:15	Super Glute Xpress	Gym Team	Gym Area
18:00 - 18:30	Aqua Power	Pool Team	Pool Area
18:00 - 18:50	Basic Mat Pilates & Barre a Terre Team Teach	Βάσια Τσάκου-Κατερίνα Βίτσα	Body and Mind Area
18:00 - 18:50	Airfit Team Teach	Moises Guterrez-Μαρία Αργυροπούλου	Move Well Area
19:00 - 19:15	Core and ABS Xpress	Gym Team	Gym Area
19:00 - 19:50	Spartans Team Teach	Moises Guterrez-Θεολόγος Τερζιάδης - Δημήτρα Σκούρα	Move Well Area
20:00 - 20:15	Pump your Strength Xpress	Gym Team	Gym Area
20:00 - 20:50	Heartbeats Games	Θεολόγος Τερζιάδης	Cycling Studio
20:15 - 20:45	Surfset Fitness	Γιάννης Στίνης	Gym Area
21:00 - 22:30	Yoga for Strength and Flexibility	Ίωνας Μάγκος	Body and mind area
22:00 - 22:15	Stretch Xpress	Gym Team	Gym Area

SATURDAY 21/5

TIME	CLASS	INSTRUCTOR	AREA
10:00 - 10:50	Body Pump™ Team Teach	Moises Guterrez-Θεολόγος Τερζιάδης	Move Well Area
11:00 - 11:15	Cardio Combo Xpress	Gym Team	Gym Area
11:00 - 11:50	Tabata Challenge	Θεολόγος Τερζιάδης	Move Well Area
12:00 - 12:50	Advanced Mat Pilates	Τατιάνα Γιουφέροβα	Body and Mind area
12:00 - 13:30	Zumba Fitness Party	Δημήτρης Κανδρής	Move Well Area
12:00 - 12:50	Long Run Spinning	Τάσος Μουστάκης	Cycling Studio
13:00 - 13:15	Core and ABS Xpress	Gym Team	Gym Area
13:00 - 13:50	Better Together (Spinning Team)	Τάσος Μουστάκης-Σταμάτης Τελώνης	Cycling Studio
14:00 - 14:50	Aqua Zumba	Δημήτρης Κανδρής	Pool Area
14:00 - 14:15	Super Glute Xpress	Gym Team	Gym Area
14:00 - 14:50	Cross Training	Αλέξανδρος Λιάλιος	Move Well Area
15:00 - 15:50	Dance	Αλέξανδρος Λιάλιος	Move Well Area
16:00 - 16:15	Functional Xpress	Gym Team	Gym Area
16:15 - 16:45	Surfset Fitness	Γιάννης Στίνης	Move Well Area
17:00 - 17:50	Airfit	Μαρία Αργυροπούλου-Μαρία Κάραλη	Move Well Area
17:30 - 17:45	NRG Xpress	Gym Team	Gym Area
18:00 - 18:30	Aqua Power	Pool Team	Pool Area
18:00 - 18:50	Advanced Mat Pilates	Τατιάνα Γιουφέροβα	Body and Mind Area
18:30 - 18:45	NRG Xpress	Gym Team	Gym Area
18:30 - 19:20	Body Pump™	Steve Tansey LM / Νένα Ανεστοπούλου	Move Well Area
19:30 - 19:45	Aqua Xpress	Pool Team	Pool Area
19:30 - 20:20	Body Combat™	Steve Tansey LM	Move Well Area
19:00 - 20:30	Yoga for Strength and Flexibility	Νίκος Φλωράκης	Body and Mind Area
20:30 - 20:45	Stretch Xpress	Gym Team	Gym Area

SUNDAY 22/5

TIME	CLASS	INSTRUCTOR	AREA
10:30 - 10:45	Aqua Xpress	Pool Team	Pool Area
10:30 - 10:45	Abs & Legs Xpress	Gym Team	Gym Area
11:00 - 11:15	Pump your Strength Xpress	Gym Team	Gym Area
11:00 - 11:50	Body Pump™ Team Teach	Steve Tansey LM-Θεολόγος Τερζιάδης	Move Well Area
12:00 - 12:50	Body Combat™	Steve Tansey LM	Move Well Area
12:00 - 12:50	Pilates Team Teach	Κατερίνα Κουβαρντά-Σοφία Μπούρου	Body and Mind Area
13:00 - 13:15	Cardio Combo Xpress	Gym Team	Gym Area
13:00 - 13:45	Aqua Fit	Pool Team	Pool Area
13:00 - 13:50	Advanced Mat Pilates	Σοφία Μπούρου	Body and Mind Area
13:00 - 13:50	Hills Power	Γιώργος Μπενίσης	Cycling Studio
16:00 - 16:15	Core and ABS Xpress	Gym Team	Gym Area
17:30 - 17:45	NRG Xpress	Gym Team	Gym Area

FRIDAY 20/05

TIME	CLASS	INSTRUCTOR	AREA
8:00 - 8:50	Advanced Mat Pilates	Κατερίνα Κουβαρντά	Studio 1
8:00-8:15	Abs & Legs Xpress	Gym Team	Xpress Area
9:00-9:15	Aqua Xpress	Pool Team	Pool
9:00-9:15	Core & Abs Xpress	Gym Team	Xpress Area
9:00 - 9:50	Early Rise Spinning	Μάριος Κοκολάκης	Spinning Studio
10:00 - 10:50	Cross Training	Χάρης Παυλιδής	Studio 1
11:00 - 11:50	Zumba Team Teach	Μαρία Τσαπατσάρη - Δημήτρης Κανδρής	Studio 1
12:00-12:15	Cardio Combo Xpress	Gym Team	Xpress Area
12:00 - 13:00	Aqua Zumba	Δημήτρης Κανδρής	Pool
13:00-13:15	Super Glute Xpress	Gym Team	Xpress Area
15:00 - 15:50	MIB/ACTIVATE Team Teach	Σταυρούλα Καμινιώτη - Rute Pereira	Studio 1
15:00-15:45	Aqua Twins	Pool Team	Pool
16:00 - 16:50	Antigravity Team Teach	Rute Pereira - Ναστάζια Χατζή	Studio 2
16:00 - 16:50	Better Together (Spinning Team)	Κοκολάκης Μάριος - Κατερινάκης Παναγιώτης	Spinning Studio
16:30 - 17:50	Yoga for Strength and Flexibility	Φλωράκης	Studio 1
17:00-17:15	Core & Abs Xpress	Gym Team	Xpress Area
17:30-18:20	Airfit Team Teach	Rute Pereira - Καμινιώτη Σταυρούλα	Studio 2
17:30-17:45	NRG Xpress	Gym Team	Xpress Area
18:00-18:15	Functional Xpress	Gym Team	Xpress Area
18:30 - 19:20	Body Pump™ Team Teach	Τάνια Μειμαριδής - Steve Tansey LM(UK)	Studio 1
18:30-18:45	Cardio Combo Xpress	Gym Team	Xpress Area
19:00-19:15	Core & Abs Xpress	Gym Team	Xpress Area
19:00-19:30	Aqua Power	Pool Team	Pool
19:30-19:45	Pump your Strength Xpress	Gym Team	Xpress Area
19:30 - 20:20	Body Combat™ Team Teach	Κώστας Παγκαλιδής - Steve Tansey LM(UK)	Studio 1
19:30 - 20:20	Better Together (Spinning Team)	Κοκολάκης Μάριος - Σταμάτης Τελώνης	Spinning Studio
20:00-20:15	Stretch Xpress	Gym Team	Xpress Area
21:00-21:15	Core & Abs Xpress	Gym Team	Xpress Area

SATURDAY 21/5

TIME	CLASS	INSTRUCTOR	AREA
9:30 - 10:50	Yoga for Strength and Flexibility	Άντα Στυλιανίδου - Ίωνας Μάγκος	Studio 1
10:00-10:15	Core & Abs Xpress	Gym Team	Xpress Area
10:00 - 10:50	Long Run Spinning	Αγγελίδης Στέλιος	Spinning Studio
11:00 - 11:50	MIB/Rock Your Abs Team Teach	Rute Pereira (HP Portugal)/Μειμαριδής Τάνια	Studio 1
11:00-11:15	NRG Xpress	Gym Team	Xpress Area
12:00 - 12:50	Antigravity	Rute Pereira (HP Portugal)/Μειμαριδής Τάνια	Studio 2
12:00-12:15	Cardio Combo Xpress	Gym Team	Xpress Area
12:00 - 12:50	Cross Training Team Teach	Νάσος Φρίγγης - Τάσος Δαλίτσικας	Studio 1
12:30-12:45	Pump your Strength Xpress	Gym Team	Xpress Area
13:00 - 13:50	Advanced Mat Pilates	Νικόλας Παπαδάτος	Studio 1
13:00-13:15	Core & Abs Xpress	Gym Team	Xpress Area
13:00 - 13:45	Aqua Fit	Pool Team	Pool
13:00 - 14:00	TRX SGC	Gym Team	Xpress Area
14:00 - 15:00	TABATA SGC	Gym Team	Xpress Area
14:00-14:15	NRG Xpress	Gym Team	Xpress Area
15:00-15:15	Aqua Xpress	Pool Team	Pool
15:00 - 15:50	Body Combat™	Κώστας Παγκαλιδής	Studio 1
16:00 - 16:50	Body Pump™ Team Teach	Moises Guterrez/Κώστας Παγκαλιδής	Studio 1
17:00-17:15	Abs & Legs Xpress	Gym Team	Xpress Area
17:00-17:50	Airfit Team Teach	Moises Guterrez / Παναγιώτης Κατερινάκης	Studio 2
18:00-18:50	Heartbeats Games	Αγγελίδης Στέλιος	Spinning Studio
18:00-18:15	Functional Xpress	Gym Team	Xpress Area
20:00-20:15	Core & Abs Xpress	Gym Team	Xpress Area

SUNDAY 22/5

TIME	CLASS	INSTRUCTOR	AREA
10:30 - 11:20	Tabata Challenge	Δημήτρης Κανδρής	Studio 1
11:00-11:15	Cardio Combo Xpress	Gym Team	Xpress Area
11:30 - 12:20	Heartbeats games	Τελώνης Σταμάτης	Spinning Studio
12:00-13:00	Aqua Pilates In & Out	Λιλλή Σακουλή	Pool
12:00-12:15	NRG Xpress	Gym Team	Xpress Area
12:30 - 13:20	Spartans Team Teach	Παναγιώτης Κατ. - Rute Pereira (HP Portugal) - Σταμάτης Τελώνης	Studio 1
13:00-13:15	Core & Abs Xpress	Gym Team	Xpress Area
13:30 - 14:20	Antigravity	Rute Pereira (HP Portugal)	Studio 2
13:30-14:15	Aqua Power	Pool Team	Pool
14:00-14:15	Pump your Strength Xpress	Gym Team	Xpress Area
14:00 - 14:50	Hills Power	Θεολόγος Τερζιάδης	Spinning Studio
14:30-15:20	Advanced Mat Pilates	Κατερίνα Κουβαρντά	Studio 1
17:00-17:15	Functional Xpress	Gym Team	Xpress Area
18:00-18:15	Aqua Xpress	Pool Team	Pool

* (Μην ξεχάσετε το στρωματάκι και την πετσέτα σας. Σε περίπτωση άσχημων καιρικών συνθηκών το μάθημα δεν θα πραγματοποιηθεί)