

GROUP FITNESS PROGRAM

JUNE 2017 (ΙΣΧΥΕΙ ΑΠΟ 12/6)

MONDAY / ΔΕΥΤΕΡΑ	TUESDAY / ΤΡΙΤΗ	WEDNESDAY / ΤΕΤΑΡΤΗ	THURSDAY / ΠΕΜΠΤΗ	FRIDAY / ΠΑΡΑΣΚΕΥΗ	SATURDAY / ΣΑΒΒΑΤΟ
09:00-10:00 Core Concept STUDIO 1 SOTIRIS PASIALIS	09:00-10:00 Total Body Concept STUDIO 1 TIMOTHEOS SKOUTELIS	09:00-10:00 Total Body Concept STUDIO 1 SOTIRIS PASIALIS	09:00-10:00 PILATES MAT STUDIO 1 ELENI SOFIANOPOULOU	09:00-10:00 ABS / LEGS STUDIO 1 KOSTAS PSATHAS	10:00-11:00 AQUA AEROBICS POWER POOL ANTHI VOULGARI
09:40-10:00 STRETCH & FLEX FITNESS FITNESS TEAM	09:40-10:00 SUSPENSION TRAINING FITNESS FITNESS TEAM	09:40-10:00 BOOT CAMP FITNESS FITNESS TEAM	09:40-10:00 BRAZILIAN BUTT FITNESS FITNESS TEAM	09:00-10:00 TRAMPOLINE V STUDIO PANOS PANTIOS (ΑΤΤΟ 16/6)	10:30-12:00 Cardio Concept STUDIO 1 LAMPROS PIPERIS
10:00-11:00 Cardio Concept STUDIO 1 SOTIRIS PASIALIS	10:00-11:00 AQUA FITNESS POOL CASSIE TSOUMA	10:00-11:00 Cardio Concept STUDIO 2 SOTIRIS PASIALIS	10:00-11:00 C.Y.B.A. STUDIO 1 STEFANOS KOUZOUNIS	09:40-10:00 BOOT CAMP FITNESS FITNESS TEAM	11:00-12:00 SPIN POWER METABOLIC BOOST SPIN NANA GKILOULOU
11:00-12:00 AQUA FITNESS POOL INA DOSI	10:00-11:00 ZUMBA STUDIO 2 IRO TSAKIRI	10:00-11:20 YOGA FLOW (80') STUDIO 1 NIKI PETROULAKI	10:00-11:00 AQUA FITNESS POOL CASSIE TSOUMA	10:00-11:00 CARDIO CHOREO STUDIO 1 KOSTAS PSATHAS	12:00-13:00 ATHLETE'S PERFORMANCE STUDIO 1 ARIS NERSESIADIS
11:00-12:00 PILATES MAT STUDIO 1 ELENI SOFIANOPOULOU	11:00-12:00 AQUA FITNESS POOL INA DOSI	11:00-12:00 AQUA PILATES POOL INA DOSI	11:00-12:00 ZONE FUNCTIONAL TRAINING V STUDIO APOSTOLOS KOTOUFOS	10:00-11:15 VINYASA YOGA STUDIO 2 IONAS MAGKOS	13:40-14:00 BRAZILIAN BUTT FITNESS FITNESS TEAM
11:00-12:00 PILATES REFORMER MINI-GROUP PILATES PILATES TEAM	11:00-12:00 SPIN POWER FAT BURN SPIN TASOS ZACHAROPOULOS	12:00-12:20 STRETCH & FLEX FITNESS FITNESS TEAM	11:00-12:00 AQUA FITNESS POOL INA DOSI	10:00-11:00 PILATES REFORMER MINI-GROUP PILATES PILATES TEAM	17:00-18:00 Cross Training Concept STUDIO 1 APOSTOLOS KOTOUFOS
12:00-12:20 BRAZILIAN BUTT FITNESS FITNESS TEAM	11:00-12:00 CARDIO CHOREO STUDIO 2 ALEXANDROS LIALIOS	15:30-15:50 BRAZILIAN BUTT FITNESS FITNESS TEAM	11:00-12:00 ZUMBA STUDIO 1 IRO TSAKIRI	11:00-12:00 PILATES MAT V STUDIO EVA DRAKOU	18:10-19:10 SPIN POWER INTERVAL SPIN APOSTOLOS KOTOUFOS
15:30-15:50 ABS SOLUTION FITNESS FITNESS TEAM	11:00-12:00 VINYASA YOGA STUDIO 1 NIKOS FLORAKIS	16:00-17:00 ATHLETE'S PERFORMANCE STUDIO 1 ARIS NERSESIADIS	11:00-12:00 SPIN POWER INTERVAL SPIN TASOS ZACHAROPOULOS	11:00-12:00 AQUA DANCE POOL INA DOSI	18:40-19:00 ABS SOLUTION FITNESS FITNESS TEAM
16:00-17:00 ATHLETE'S PERFORMANCE STUDIO 1 ARIS NERSESIADIS	12:00-12:20 ABS SOLUTION FITNESS FITNESS TEAM	17:00-18:00 C.Y.B.A. STUDIO 1 STEFANOS KOUZOUNIS	12:00-12:20 SUSPENSION TRAINING FITNESS FITNESS TEAM	11:00-12:00 SPIN POWER STRENGTH SPIN TASOS ZACHAROPOULOS	
17:00-18:00 Cross Training Concept STUDIO 1 ARIS NERSESIADIS	14:00-15:00 PILATES REFORMER MINI-GROUP PILATES PILATES TEAM	18:00-19:00 Cross Training Concept STUDIO 1 APOSTOLOS KOTOUFOS	12:00-13:00 PILATES REFORMER MINI-GROUP PILATES PILATES TEAM	12:00-12:20 ABS SOLUTION FITNESS FITNESS TEAM	ΤΑ ΣΚΙΑΓΡΑΦΗΜΕΝΑ ΜΑΘΗΜΑΤΑ ΕΧΟΥΝ ΕΠΙΠΛΕΟΝ ΧΡΕΪΗ ΠΛΗΡΟΦΟΡΕΙΣ ΣΤΗ ΡΕΖΕΡΒΙΩΝ
18:00-19:00 SPIN POWER METABOLIC BOOST SPIN VASILIS PAPAZEKOS	15:30-15:50 BOOT CAMP FITNESS FITNESS TEAM	18:00-19:00 SALSA/BACHATA (BEGINNERS) STUDIO 2 CHRISTOS BAKOPOULOS	13:00-14:00 PILATES REFORMER MINI-GROUP PILATES PILATES TEAM	15:30-15:50 SUSPENSION TRAINING FITNESS FITNESS TEAM	
18:00-19:00 TRAMPOLINE V STUDIO PANOS PANTIOS	16:00-17:00 ABS / LEGS STUDIO 1 ELENI PAPADOPOULOU	18:00-19:00 TRAMPOLINE V STUDIO PANOS PANTIOS	15:30-15:50 STRETCH & FLEX FITNESS FITNESS TEAM	17:00-18:00 Total Body Concept STUDIO 1 THEMIS KITSOS	THE SHADED CLASSES HAVE AN EXTRA CHARGE (PLEASE INQUIRE WITH RECEPTION)
18:10-19:00 C.Y.B.A. STUDIO 1 STEFANOS KOUZOUNIS	17:00-18:00 PILATES MAT STUDIO 1 ELENI PAPADOPOULOU	18:40-19:00 SUSPENSION TRAINING FITNESS FITNESS TEAM	16:00-17:00 FULL BODY STUDIO 1 ARIS NERSESIADIS	17:45-18:45 ZONE FUNCTIONAL TRAINING V STUDIO APOSTOLOS KOTOUFOS	
18:40-19:00 BOOT CAMP FITNESS FITNESS TEAM	18:00-19:00 CARDIO CHOREO STUDIO 1 GIORGOS TROBETAS	19:00-20:00 ZUMBA STUDIO 1 IRO TSAKIRI	17:00-18:00 Core Concept STUDIO 1 LAMPROS PIPERIS	18:00-19:00 Cross Training Concept STUDIO 1 THEMIS KITSOS	
19:00-20:00 FULL BODY STUDIO 1 STAVROS KRITIDIS	18:00-19:00 SPIN POWER FAT BURN SPIN APOSTOLOS KOTOUFOS	19:00-20:00 ZONE FUNCTIONAL TRAINING V STUDIO ARGIRIS GEORGIOULIS	18:00-19:00 Cardio Concept STUDIO 1 LAMPROS PIPERIS	18:00-19:00 SPIN POWER INTERVAL SPIN NANA GKILOULOU	
19:00-20:00 Pilates Concept STUDIO 2 NIKOS STAVROPOULOS	18:00-19:00 LATIN DANCE (ADVANCED) STUDIO 2 CHRISTOS BAKOPOULOS	19:00-20:00 SALSA/BACHATA (ADVANCED) STUDIO 2 CHRISTOS BAKOPOULOS	18:00-19:00 SPIN POWER METABOLIC BOOST SPIN APOSTOLOS KOTOUFOS	18:40-19:00 BRAZILIAN BUTT FITNESS FITNESS TEAM	
19:00-20:00 SPIN POWER INTERVAL SPIN VASILIS PAPAZEKOS	18:40-19:00 STRETCH & FLEX FITNESS FITNESS TEAM	19:00-20:00 PILATES REFORMER MINI-GROUP PILATES PILATES TEAM	18:40-19:00 ABS SOLUTION FITNESS FITNESS TEAM	19:00-20:00 VINYASA YOGA STUDIO 1 SPYROS TARIFAS	
19:00-20:00 ZONE FUNCTIONAL TRAINING V STUDIO GIORGOS TROBETAS	19:00-20:00 FULL BODY STUDIO 1 STAVROS KRITIDIS	19:10-20:10 SPIN POWER F.I.T. SPIN APOSTOLOS KOTOUFOS	19:00-20:00 ABS / LEGS STUDIO 1 STAVROS KRITIDIS	19:00-20:00 CARDIO CHOREO STUDIO 2 GIORGOS TROBETAS	
19:30-20:30 AQUA AEROBICS POWER POOL ELENI THEOCHARI	19:00-20:00 SPIN POWER HIGHTENSITY SPIN APOSTOLOS KOTOUFOS	19:30-20:20 AQUA AEROBICS POWER POOL ELENI THEOCHARI	19:00-20:00 SPIN POWER INTEGRATED SPIN APOSTOLOS KOTOUFOS	19:00-20:00 SPIN POWER METABOLIC BOOST SPIN NANA GKILOULOU	GROUP FITNESS MANAGER: GEORGE XIROS VARI SPORTS CLUB ΛΕΩΦΟΡΟΣ ΒΑΡΗΣ 90 ΒΑΡΗ 16672 ΑΘΗΝΑ 210.8990048 WWW.VARISPORTSCLUB.COM
19:40-20:00 SUSPENSION TRAINING FITNESS FITNESS TEAM	19:00-20:00 PILATES REFORMER MINI-GROUP PILATES PILATES TEAM	19:40-20:00 ABS SOLUTION FITNESS FITNESS TEAM	19:00-20:00 ABS SOLUTION STUDIO 2 THIAGO SILVA	19:00-20:00 ZONE FUNCTIONAL TRAINING V STUDIO ARGIRIS GEORGIOULIS	
20:00-21:00 Dans Concept STUDIO 1 LAMPROS PIPERIS	19:00-20:00 ARGENTINIAN TANGO (BEG) STUDIO 2 CHRISTOS BAKOPOULOS	20:00-21:00 ARGENTINIAN TANGO (ADV) STUDIO 2 CHRISTOS BAKOPOULOS	19:00-20:00 PILATES REFORMER MINI-GROUP PILATES PILATES TEAM	19:30-20:30 AQUA PILATES POOL ELENI THEOCHARI	
20:00-21:00 SPIN POWER INTERVAL SPIN NIKOS VROUZAS	19:00-20:00 ZONE FUNCTIONAL TRAINING V STUDIO ARGIRIS GEORGIOULIS	20:00-21:00 Total Body Concept STUDIO 1 IRO TSAKIRI	19:30-20:30 AQUA FITNESS POOL ELENI THEOCHARI	19:40-20:00 STRETCH & FLEX FITNESS FITNESS TEAM	
20:00-21:00 KICK BOXING V STUDIO GIORGOS KARDARIS	19:30-20:30 AQUA FITNESS POOL ELENI THEOCHARI	20:00-21:00 PILATES MAT V STUDIO NIKOS STAVROPOULOS	19:40-20:00 BOOT CAMP FITNESS FITNESS TEAM	20:00-21:00 ZUMBA STUDIO 2 IRO TSAKIRI	
20:00-21:00 PILATES REFORMER MINI-GROUP PILATES PILATES TEAM	19:40-20:00 BRAZILIAN BUTT FITNESS FITNESS TEAM	20:00-21:00 PILATES REFORMER MINI-GROUP PILATES PILATES TEAM	20:00-21:00 PILATES MAT STUDIO 2 CHRYSYA KALOUDI		
21:00-22:00 Core Concept STUDIO 1 LAMPROS PIPERIS	20:00-21:30 VINYASA YOGA (90') STUDIO 1 SPYROS TARIFAS	20:10-21:10 SPIN POWER INTERVAL SPIN APOSTOLOS KOTOUFOS	20:00-21:00 STEP MAX STUDIO 1 GIORGOS TROMPETAS		
21:00-22:00 VINYASA YOGA V STUDIO SPYROS TARIFAS	20:15-21:15 ZONE FUNCTIONAL TRAINING V STUDIO APOSTOLOS KOTOUFOS	21:00-22:00 KICK BOXING V STUDIO GIORGOS KARDARIS	20:00-21:00 ZONE FUNCTIONAL TRAINING V STUDIO KATERINA SOTIROPOULOU		
		21:00-22:00 HATHA YOGA STUDIO 1 THEODORIS FAMELIS	21:00-22:00 KICK BOXING V STUDIO GIORGOS KARDARIS		

GROUP FITNESS MANAGER:
GEORGE XIROS
VARI SPORTS CLUB
ΛΕΩΦΟΡΟΣ ΒΑΡΗΣ 90
ΒΑΡΗ 16672 ΑΘΗΝΑ
210.8990048
WWW.VARISPORTSCLUB.COM
CLUB HOURS:
ΔΕΥΤΕΡΑ-ΠΑΡΑΣΚΕΥΗ: 07:00 - 00:00
ΣΑΒΒΑΤΟ: 09:00 - 20:00
ΚΥΡΙΑΚΗ: 10:00 - 18:00

