

GYM WORKING HOURS

Monday - Friday: 07:00-24:00

Saturday: 10:00-22:00

Sunday: 17:00-22:00

Plus Groups - Main Class (valid from 8/1/24)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00	TOTAL BODY KORINA		ABS & HIPS KORINA	TRX CHRISTOS L.	TOTAL BODY MARIA	
11:00		PILATES ALIKI				PILATES ALIKI
12:30						TOTAL BODY KORINA
16:30	TRX CHRISTOS L.		TRX CHRISTOS L.			
17:30	TOTAL BODY KORINA	POWER CYCLING TEO	TOTAL BODY ELENA	ABS & HIPS MARIA	TOTAL BODY KORINA	
18:30	FAT BURN 4 ALL ALEXANDRA	ABS & HIPS KORINA	PILATES ELENA	POWER CYCLING VIOLETTA	TRX CHRISTOS L.	
19:30	PILATES ELENA	TOTAL BODY CHRISTOS P.	DANCE AEROBIC LAMBROS	TOTAL BODY KORINA	P.CYCLING vs TRX CHRISTOS L.	
20:30	P.CYCLING vs TRX TEO	DANCE AEROBIC CHRISTOS P.	TOTAL BODY LAMBROS	PILATES ALEXANDROS		
21:30	POWER CYCLING TEO	PILATES ALEXANDROS	POWER CYCLING CHRISTOS L.			

Plus Groups - Cross Training Area (valid from 8/1/24)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17:30						CROSS TRAINING TEO / DIMITRIS / CL
18:30	CROSS TRAINING TEO		CROSS TRAINING TEO			
19:30		CROSS TRAINING AGGELOS		CROSS TRAINING TEO		
20:30	CROSS TRAINING DIMITRIS		CROSS TRAINING CHRISTOS L.		CROSS TRAINING CHRISTOS L.	
21:30		CROSS TRAINING CHRISTOS L.		CROSS TRAINING DIMITRIS		

All PLUS GROUPS have a single separate subscription

Website: fitnessplus.gr

Tel: **210-7525282 / 693-7525282**

Kesariani, Iroon Skopectirou 12 str.

Email: info@fitnessplus.gr

Facebook: **FitnessPlus Gym** - Instagram: **fitnessplusgym** - Twitter: **@FitnessPlus_Gym**

REFORMER PILATES has a separate subscription or combined with GYM and PLUS GROUPS

Reformer Pilates - Hall 1 (valid from 8/1/24)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	REFORMER IRINI	REFORMER MARIA	REFORMER ALEXANDROS	REFORMER ELENA	REFORMER (start) ALEXANDROS	
9:00	REFORMER IRINI	REFORMER MARIA	REFORMER (start) ALEXANDROS	REFORMER IRINI	REFORMER ALEXANDROS	
10:00	REFORMER IRINI	REFORMER MARIA	REFORMER IRINI	REFORMER IRINI		REFORMER (start) MAR / IRIN / AGG
11:00	REFORMER IRINI	REFORMER (start) MARIA	REFORMER IRINI	REFORMER IRINI	REFORMER MARIA	REFORMER MAR / IRIN / AGG
12:00		REFORMER ELENA		REFORMER (start) IRINI	REFORMER MARIA	REFORMER MAR / IRIN / AGG
13:00	REFORMER (start) AGGELOS		REFORMER ELENA		REFORMER MARIA	REFORMER MAR / IRIN / AGG
14:00		REFORMER (start) AGGELOS		REFORMER AGGELOS		
15:30	REFORMER AGGELOS		REFORMER (start) AGGELOS		REFORMER AGGELOS	
16:30		REFORMER AGGELOS		REFORMER (start) AGGELOS		REFORMER ALEXANDROS
17:30	REFORMER ELENA	REFORMER AGGELOS	REFORMER IRINI	REFORMER AGGELOS	REFORMER AGGELOS	REFORMER (start) ALEXANDROS
18:30	REFORMER MARIA	REFORMER ALEXANDROS	REFORMER IRINI	REFORMER ALEXANDROS	REFORMER ALEXANDROS	REFORMER ALEXANDROS
19:30	REFORMER ALEXANDROS	REFORMER IRINI	REFORMER IRINI	REFORMER ALEXANDROS	REFORMER ALEXANDROS	REFORMER ALEXANDROS
20:30	REFORMER (start) MARIA	REFORMER IRINI	REFORMER AGGELOS	REFORMER MARIA	REFORMER ALEXANDROS	
21:30	REFORMER MARIA	REFORMER AGGELOS	REFORMER AGGELOS	REFORMER ALEXANDROS	REFORMER (start) ALEXANDROS	

Reformer Pilates - Hall 2 (valid from 8/1/24)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17:30	REFORMER ALEXANDROS	REFORMER (start) IRINI	REFORMER AGGELOS			
18:30	REFORMER (start) ALEXANDROS	REFORMER IRINI	REFORMER (start) AGGELOS	REFORMER MARIA	REFORMER AGGELOS	
19:30	REFORMER MARIA	REFORMER (start) ALEXANDROS	REFORMER AGGELOS	REFORMER (start) MARIA	REFORMER AGGELOS	
20:30	REFORMER ALEXANDROS	REFORMER ALEXANDROS	REFORMER (start) IRINI	REFORMER AGGELOS		

GYM WORKING HOURS

Monday - Friday : 07:00-24:00

Saturday : 10:00-22:00

Sunday : 17:00-22:00

Group Classes (Plus Groups + Reformer Pilates)

Cross Training : A **functional** program that will introduce our members to **CrossFit** philosophy. High intensity, dynamism and expansion is its characteristics, with professional equipment from **Gear Up**.

Total Body : Time to tone for everybody. **Muscular toning for the whole body.** Exercises static or with a bit of movement, using our body weight, free weights, elastic bands, bars with weights or a combination of the above.

TRX : **Functional training** with the original **TRX** straps. Our aim is to **strengthen** and **tone** with our **body weight**. Duration 45 minutes up to 8 people in the group.

Abs & Hips : **Strengthening** and **firing** program. Exercise your favorite muscle groups: Abs - Legs - Glutes, with exercises especially designed for... glutes, legs and abs.

Cycling Vs TRX : Aerobic exercise on stationary bicycles and dynamic exercise with **TRX** straps. Great "Fitness Plus" combination. Can you handle it?

Power Cycling : The **ultimate cardio workout program** with special stationary exercise bicycles. Intensity and music tracks with specialized instructors.

Fat Burn 4 All : Combination of **cardio and dynamic** exercises for fat burn and strength. For those who want to train and sweat within an hour. Suitable for all.

Dance Aerobic : **Aerobic dance class for everyone.** The three main components of the class are: **Energy, Exercise, Fun.** We are expecting you to come.

Pilates : We achieve **flexibility, right body posture, toning of the torso** and **ability to widen our joint movement.** Through dynamic and stretching exercises in combination with the **right breathing** we succeed **body harmony.** A class for those who wish **body toning, less stress** and **mental balance.**

Reformer Pilates : A **machine** specifically designed to perform Pilates. A combination of exercises that **trains all your body** offering **strength, flexibility** but also **protection of the musculoskeletal system.** Special therapeutic regimes that help overcome injuries. A treat for our bodies, up to 8 people in each class and especially for beginners we have **"start"** courses.

INSTRUCTIONS FOR GROUPS 2023 (PLUS - REFORMER PILATES)

(UPDATED 11/9/23)

They are **classes with limited participation or not** (mini personal - small training groups - normal training groups, with **6, 8, 9, 12, 16, max 30** people) and include 9 different types: 1) Total Body, 2) Pilates Mat, 3) Abs & Hips, 4) Trx, 5) Power Cycling, 6) Dance Aerobics, 7) Fat Burn 4 All, 8) Pilates Reformer, 9) Cross Training.

1) **You must have a membership for PLUS GROUPS or REFORMER PILATES.**

2) **Reservations booked by phone on the same day** due to the limited number of people.

ONLY for REFORMER PILATES: a) **subscribers only** to it can make **3 reservations together**, b) **combined subscribers** with Gym and/or Plus groups makes **2 reservations together.**

Reservations are valid for the current week and the next ones will be booked after the scheduled classes, with the booking possibility from **Sunday**, within our working hours.

NOTE: Reservation cancellation is **MANDATORY** at least **1 hour** before the lesson.

3) You can participate in **3 same classes per week with reserved place.** If you wish to participate in more than 3 same courses in the same week, you enter the waiting list and if there is availability **1 hour** before the start of the course, you can participate.

4) **You can participate in one GROUPS lesson per day**, based on availability. If you want to participate in a 2nd or 3rd lesson on the same day, enter the waiting list and if there is availability at the beginning of the lesson, you can participate.

RULES FOR PERMANENT APPOINTMENTS AT REFORMER PILATES

At **REFORMER PILATES** you have the possibility to set the appointments you are entitled to **PERMANENTLY** by sending an email to info@fitnessplus.gr, writing the desired days and times along with some alternatives. We will then contact you to set them up.

NECESSARY RULES: a) there are fewer interested parties than the capacity of each available course, b) you **MUST** cancel at least **1 hour** before the course in case you will not participate, c) you **MUST** be informed at least **1 week** before the end of your subscription in case that you don't continue.

The company always reserves the right to remove or modify fixed membership appointments when the above conditions are not met or respected.

Tel: **210-7525282** / 693-7525282

Kesariani, 12 Iroon Skopectirion st.

Website : fitnessplus.gr - Email: info@fitnessplus.gr

Facebook: FitnessPlus Gym - Instagram: fitnessplusgym