

Plus Groups (from 14/9/26)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main Class (1st floor)						
10:00	TOTAL BODY KORINA K.		ABS & HIPS KORINA K.			
11:00		PILATES ALIKI		TRX CHRISTOS L.		PILATES ALIKI
12:30						TOTAL BODY KORINA K.
16:30	TRX CHRISTOS K.		TRX CHRISTOS L.			
17:30	TOTAL BODY KORINA K.	TRX TEO	TOTAL BODY ELENA	TRX CHRISTOS K.	TOTAL BODY KORINA K.	
18:30	RIPE TRAINING ALEXANDRA	ABS & HIPS KORINA K.	PILATES ELENA		TRX CHRISTOS K.	
19:30	PILATES ELENA	TOTAL BODY CHRISTOS P.	FAT BURN KORINA K.	TOTAL BODY KORINA K.	PILATES ANCA	
20:30	TRX TEO	DANCE AEROBIC CHRISTOS P.	TRX CHRISTOS K.	PILATES AGGELOS		
21:30		PILATES AGGELOS				
Cross Training Area (ground floor)						
09:00		CROSS TEO		CROSS CHRISTOS L.		
10:00	CROSS DIMITRIS	CROSS TEO	CROSS DIMITRIS	CROSS CHRISTOS L.	CROSS DIMITRIS	
11:00	CROSS DIMITRIS		CROSS DIMITRIS		CROSS DIMITRIS	CROSS DIM - TEO - C.L.
15:30	CIRCUIT TRAINING CHRISTOS L.		CROSS CHRISTOS L.			
16:30		CROSS TEO		CIRCUIT TRAINING TEO		
17:30	WEIGHT LIFTING DIMITRIS		CIRCUIT TRAINING TEO	WEIGHT LIFTING DIMITRIS		CROSS DIM - TEO - C.L.
18:30	CROSS TEO	WEIGHT LIFTING DIMITRIS	GYMNASTICS DIMITRIS	LOWER STRENGTH DIMITRIS	CROSS DIMITRIS	
19:30	CIRCUIT TRAINING TEO	CROSS DIMITRIS	CROSS CHRISTOS L.	CROSS TEO	GYMNASTICS DIMITRIS	
20:30	CROSS DIMITRIS	CROSS DIMITRIS	UPPER STRENGTH CHRISTOS L.	ENDURANCE DIMITRIS	CROSS DIMITRIS	
21:30	CROSS DIMITRIS	CIRCUIT TRAINING CHRISTOS L.	CROSS DIMITRIS	CROSS DIMITRIS	CIRCUIT TRAINING CHRISTOS K.	
Indoor Cycling Area (ground floor)						
17:30		POWER CYCLING CHRISTOS L.				
18:30				POWER CYCLING VIOLETTA		
19:30	POWER CYCLING VIOLETTA		POWER CYCLING VIOLETTA		POWER CYCLING CHRISTOS L.	
20:30		POWER CYCLING TEO		POWER CYCLING TEO		
21:30	POWER CYCLING TEO		POWER CYCLING CHRISTOS L.			

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reformer Pilates - Hall 1 (from 14/9/26)						
8:00	REFORMER IRINI	REFORMER ELENA	REFORMER KATERINA	REFORMER IRINI	REFORMER KORINA P.	
9:00	REFORMER IRINI	REFORMER KORINA P.	REFORMER KATERINA	REFORMER IRINI	REFORMER KORINA P.	REFORMER KATERINA
10:00	REFORMER IRINI	REFORMER (start) KORINA P.	REFORMER KATERINA	REFORMER IRINI	REFORMER KORINA P.	REFORMER KATERINA
11:00	REFORMER IRINI		REFORMER KATERINA		REFORMER (start) KORINA P.	REFORMER KATERINA
12:00	REFORMER IRINI	REFORMER ELENA	REFORMER (start) IRINI	REFORMER ANCA	REFORMER KORINA P.	REFORMER KATERINA
13:00	REFORMER (start) ALEXANDROS		REFORMER IRINI		REFORMER KORINA P.	REFORMER KATERINA
14:00	REFORMER ALEXANDROS	REFORMER (start) AGGELOS	REFORMER IRINI	REFORMER ANCA		
15:00	REFORMER AGGELOS	REFORMER AGGELOS	REFORMER IRINI	REFORMER (start) ANCA	REFORMER ANCA	
16:00	REFORMER AGGELOS	REFORMER AGGELOS	REFORMER IRINI	REFORMER KATERINA	REFORMER ANCA	REFORMER (start) ALEXANDROS
17:00	REFORMER ELENA	REFORMER IRINI	REFORMER KATERINA	REFORMER KATERINA	REFORMER KATERINA	REFORMER ALEXANDROS
18:00	REFORMER KATERINA	REFORMER IRINI	REFORMER KATERINA	REFORMER KATERINA	REFORMER KATERINA	REFORMER ALEXANDROS
19:00	REFORMER KATERINA	REFORMER IRINI	REFORMER KATERINA	REFORMER KATERINA	REFORMER KATERINA	REFORMER ALEXANDROS
20:00	REFORMER KATERINA	REFORMER IRINI	REFORMER KATERINA	REFORMER KATERINA	REFORMER KATERINA	
21:00	REFORMER KATERINA	REFORMER ANCA	REFORMER KATERINA	REFORMER KATERINA	REFORMER KATERINA	
22:00	REFORMER KATERINA	REFORMER ANCA	REFORMER ANCA	REFORMER (start) ALEXANDROS		
Reformer Pilates - Hall 2 (from 14/9/26)						
8:00	REFORMER ANCA	REFORMER KORINA P.	REFORMER AGGELOS	REFORMER (start) ALEXANDROS	REFORMER AGGELOS	
9:00	REFORMER (start) ANCA		REFORMER AGGELOS	REFORMER ALEXANDROS	REFORMER AGGELOS	
17:00	REFORMER KORINA P.	REFORMER AGGELOS	REFORMER (start) ALEXANDROS	REFORMER AGGELOS	REFORMER (start) ANCA	
18:00	REFORMER (start) KORINA P.	REFORMER ANCA	REFORMER ALEXANDROS	REFORMER ANCA	REFORMER ANCA	
19:00	REFORMER KORINA P.	REFORMER ANCA	REFORMER ANCA	REFORMER (start) AGGELOS	REFORMER ALEXANDROS	
20:00	REFORMER KORINA P.	REFORMER (start) AGGELOS	REFORMER ANCA	REFORMER ALEXANDROS	REFORMER ALEXANDROS	
21:00	REFORMER AGGELOS		REFORMER (start) ANCA	REFORMER ALEXANDROS		

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 :** Modern training with **constantly changing movements**. Improves the physical condition, endurance, speed, coordination and strengthening of the trainee. There is no age or level, as the workouts are adapted to your abilities. Variety of exercises that include plyometric exercises, weight lifting, instrumental, kettlebells, etc. Each workout is always different, which lends itself to rapid metabolic adaptations. Because **"Routine is our enemy"**.
- Circuit Training : High intensity circuit training.** Immediate results in increased metabolism, fat burning and muscle toning. Improve your strength and endurance in one program. Surpass your limits.
- Gymnastics :** We build strength and technique with instrumental **gymnastics exercises** that have been adapted to fitness programs. We workout with target to be able to do exercises on rings, single weights as well as supports with our body. It combines perfectly Cross and Functional Training, as it contains key elements of these workouts.
- Endurance : Endurance training** aimed at both beginners and advanced athletes. The aim is to improve endurance and physical condition, even preparing for an endurance race.
- Weight Lifting :** We learn from the beginning the correct execution and technique of **weight lifting exercises**. We achieve better posture both in our everyday life and in fitness, where weight lifting is now an integral part (Cross).
- Strength (Upper - Lower) :** Resistance training, designed for those who want to increase strength and muscle mass, while learning the correct execution of basic exercises. With an emphasis on technique, progressive overload and quality of movement, you put the right base for body improvement.
- 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 11 people in the group.
- Abs & Hips : Strengthening and firming** program. Exercise your favorite muscle groups: Abs - Legs - Glutes, with exercises especially designed for... glutes, legs and abs.
- Power Cycling :** The **ultimate cardio workout program** with special 18 stationary exercise bicycles. Intensity and music tracks with specialized instructors.
- Fat Burn :** 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.
- Ripe Training :** A modern program that combines functional strengthening, gentle aerobic exercise, core stabilization and mobility. For women and men of all ages who want a better quality of life!
- 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 6 or 8 people in each class and especially for beginners we have **"start"** courses.

APPOINTMENT INSTRUCTIONS FOR GROUP CLASSES (UPDATE 14/9/26)

You must make **reservations in groups from the "OSS OPEN FITNESS" application, every day 07:00-24:00**. Download the app from Play store or App Store (Username and Password will be given to you by reception).

- 1) For ONLINE appointments, you must have an **active subscription to groups (PLUS and/or REFORMER) and a valid email**, otherwise you can book your appointments ONLY by phone, during gym opening hours.
- 2) It is **REQUIRED** to: a) **cancel your reservation at least 1 hour before if you do not come to a class** and b) **check in with your card at the reception before each class**. Otherwise, the application blocks reservations for 7 days and you will have to contact the reception to restore it.
- 3) You can book **one class in all groups per day**, based on availability. If I want a 2nd or 3rd class on the same day, you declare it at the reception and if there is availability at the start of the specific class, you participate in it.
- 4) In **PLUS GROUPS** you **reserve a place on the same day**, while in **REFORMER PILATES** you can **make up to 3 reservations together**, for a current week (from Monday to Sunday).
- 5) You can do **up to 3 TRX, up to 3 Power Cycling and up to 3 Reformer Pilates per week** (from Monday to Sunday). If you want an additional class within the current week and if you have already attended the 3 classes of the week in the specific class, you can book it ONLY from the reception within 60 minutes before the class.
- 6) If a class is full, you have the option to join the **waiting list**. If a place becomes available, you will be notified by email. But you can also monitor it in the application, in the main tab **"My Schedule"**. There you can also see your scheduled appointments.

The business always reserves the right to remove or modify member appointments when the above conditions are not met or adhered to.