

FITNESS & AERIAL

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Classes, Teacher, Studio	Notes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FITNESS CLASSES							
Total Barre, Maria Christophi Studio 2/4	Available now		18:30 – 19:30 Barre	08:30 - 09:30			
Body Bike Natalia Mutovkina Hall	Available now	20:00 - 21:00	19:00 - 20:00 20:00 - 21:00	20:00 – 21:00	19:00 - 20:00 20:00 - 21:00	20:00 – 21:00	
Slim Fit Family Daria Korobeinikova Hall	Available now	08:30 - 09:30 19:00 - 20:00	08:30 – 09:30	08:30 - 09:30 19:00 - 20:00	08:30 – 09:30	08:30 - 09:30	
Aerobic Tae-Bo Valentina Ivanova Studio 5/ Studio Yoga	Available now	20:00 - 21:00			20:00 - 21:00		
Pole Dance Olga Yudina Studio 1	Available now		10:00 – 11:00		10:00 – 11:00		
Exotic Pole Dance Olga Yudina Studio 1	Available now		20:30 – 21:30	11:00 – 12:00		Pole Dance Mix Groups 18:15 – 19:15	11:00 – 12:00
Pole Dance BEG/INT Olga Yudina (Emily) Studio 1	Available now	18:15 – 19:15		18:15 – 19:15			
Aerial Hoop Olga Yudina (Emily) Studio 1	Available now		18:15 – 19:15		18:15 – 19:15		
Pole Dance INT/ADV Olga Yudina Studio 1	Available now	19:15 – 20:15		19:15 – 20:15			
Aerial Silks Olga Yudina (Daria) Studio 1	Available now		19:30 – 20:30		19:30 – 20:30		10:00 – 11:00
Kangoo Jumps Alicia Charalambidou Studio 4	Available now			20:00 – 21:00		19:30 – 20:30	

