

ASANA

fitness club

No reservation required | Complimentary Sessions

MONDAY

09.00 - 09.50
Cardio Burst
w/ Angeliki

10.00 - 11.00
Functional
w/ Angeliki

12.00 - 13.00
Cross Training
w/ Angeliki

WEDNESDAY

09.00 - 09.50
Functional
w/ Angeliki

10.00 - 11.00
Tabata
w/ Angeliki

12.00 - 13.00
Cross Training
w/ Angeliki

THURSDAY

10.00 - 11.00
Tabata
w/ Angeliki

12.00 - 13.00
Cross Training
w/ Angeliki

17.00 - 18.00
Core Burn & Stretch
w/ Ilario

FRIDAY

09.00 - 09.50
Cardio Burst
w/ Angeliki

10.00 - 11.00
Functional
w/ Angeliki

12.00 - 13.00
Cross Training
w/ Angeliki

SATURDAY

09.00 - 09.50
Functional
w/ Angeliki

10.00 - 11.00
Tabata
w/ Angeliki

12.00 - 13.00
Cross Training
w/ Angeliki

SUNDAY

09.00 - 09.50
Tabata
w/ Angeliki

10.00 - 11.00
Functional
w/ Angeliki

12.00 - 13.00
Cross Training
w/ Angeliki

17.00 - 18.00
Core Burn & Stretch
w/ Ilario

