2026-2027
FITNESS CLASSES

To secure your spot*, contact our Reception

ATHENS
DIVANI
SPA&THALASSO
CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THALASSO KINETICS 9:30 (30')		THALASSO KINETICS 9:30 (30')		THALASSO KINETICS 9:30 (30')
PILATES POWER HOUSE 10:30 - 11:15	TOTAL BODY TONE 10:30 - 11:15	PILATES POWER HOUSE 10:30 - 11:15	TOTAL BODY TONE 10:30 - 11:15	PILATES POWER HOUSE 10:30 - 11:15
	CROSS TRAINING 15:15 - 16:00			CROSS TRAINING 15:15 - 16:00
HATHA YOGA 17:15 - 18:30	PILATES POWER HOUSE 17:30 - 18:15	BODYWEIGHT BURNOUT 17:30 - 18:15	HATHA YOGA 17:15 - 18:30	PILATES POWER HOUSE 17:30 - 18:15
STRETCH & STRENGTHEN 18:30 - 19:15	CORE AND MORE 18:30 - 19:15	STRETCH & STRENGTHEN 18:30 - 19:15	CORE AND MORE 18:30 - 19:15	BODYWEIGHT BURNOUT 18:30 - 19:15

*Additional charges apply.