



PHOKEETHRA
SPORTS CLUB

GROUP EXERCISE SCHEDULE

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	7:00AM							
	8:00AM		METAFIT (ALL -FIT)	BODY WEIGHT	STEP AEROBICS (ALL-FIT)			
	9:00AM							CARDIO
	10:00AM						YOGA FLOW (ALL-FIT)	
AFTERNOON	1:00PM							BODY WEIGHT
	2:00PM							(ALL -FIT) STUDIO)
EVENING	5:00PM			CARDIO			BOXING	
	6:00PM							
	7:00PM							
	8:00PM							

**20 USD PER SESSION FOR NON-MEMBERS
FREE FOR HOTEL GUESTS AND PHOKEETHRA SPORTS CLUB MEMBERS
GROUP EXERCISE CLASSES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE
FOR MORE DETAILS AND BOOKING: +855 (0)81 222 042**

Price is inclusive of 7% service charge and 10% VAT