



GROUP EXERCISE SCHEDULE

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

18 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