



PHOKEETHRA  
SPORTS CLUB

# GROUP EXERCISE SCHEDULE

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	7:00AM							
	8:00AM		AEROBICS (ALL-FIT)	BODY WEIGHT POLIN	YOGA FLOW (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							

**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*