

SUNDAY
6 MAY
2018

11.00-19.00

 **SEMIRAMIS
BALANCE DAY**

POWERED BY  HOLMES PLACE
PREMIUM FITNESS CLUBS

YOGA • AIRFIT • CYCLING • AQUA • PILATES
CROSS TRAINING • STRETCHING • PING PONG

#SemiramisBalanceDay
#SemiramisHotel
#NolitaRestaurants
#YesHotelsGroup

One two ^{FOR} One life
Charity 4U

SEMIRAMIS BALANCE DAY



POWERED BY **HOLMES PLACE**
PREMIUM FITNESS CLUBS

11:30 - 12:20	Airfit
12:30 - 13:20	Cycling class 1
13:30 - 14:20	Cycling class 2
14:30 - 15:20	Aqua class
15:30 - 16:00	Surfset fitness 1
16:00 - 16:30	Surfset fitness 2
16:30 - 17:00	Surfset fitness 3
15:30 - 16:20	Yoga class
16:30 - 17:20	Pilates class
16:30 - 17:15	Cross training 1
17:15 - 18:00	Cross training 2
18:00 - 18:50	Stretch your limits
All day	Ping Pong tournament

Entrance fee: 25€ per person

Book your activity in advance

Email: book@semiramisbalanceday.gr

tel: 210 6284600

Up to two activities per person

(for additional activities, subject to availability)