

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00	MORNING HIKE (120') Reception		MORNING HIKE (120') Reception		MORNING HIKE (120') Reception		MORNING HIKE (120') Reception
08.00	*FTERI BEACH HIKE (5H) Reception *SUP YOGA (60') Beach Gym YOGA FOR FLEXIBILITY (60') Armonia	HYROX WOD (50') Beach Gym VINYASA YOGA (60') Armonia RADIANT SHINE & RISE (60') Zenias POWER PILATES (45') Sthenos	*PILATES REFORMER / POSTURE & CORE (60') Sthenos AERIAL SUNRISE FLOW IN THE HAMMOCK (60') Zenias	*SPINNING (45') Athlos RADIANT RISE & SHINE (60') Zenias POWER PILATES (45') Sthenos MORNING FLOW & SANKALPA (60') Armonia	MORNING VILLAGE RUN (60') Reception *PILATES REFORMER (60') Zenias	HYROX WOD (50') Beach Gym POWER YOGA (60') Zenias YOGA FOR STRONG CORE (60') Armonia	MORNING VILLAGE RUN (60') Reception POWER PILATES (45') Sthenos VINYASA YOGA (60') Zenias
08.15							
09.00							
09.15	*PILATES REFORMER (60') Sthenos YOGA NIDRA (45') Armonia	*SPIN & LIFT (45') Athlos HATHA YOGA (45') Zenias *PILATES REFORMER PROPS (60') Sthenos YOGA FUNDAMENTALS (45') Armonia	H.I.I.T (45') Athlos PILATES FUSION (45') Sthenos STRETCH & FLOW (45') Zenias	ABS & LEGS (45') Athlos *PILATES REFORMER (60') Sthenos HATHA YOGA (45') Zenias DYNAMIC YOGA (60') Armonia	FUNCTIONAL FITNESS (45') Athlos YIN YOGA (60') Armonia PILATES MAT (45') Zenias	AERIAL YOGA (60') Zenias TRX & KETTLEBELLS COMBO (45') Athlos YOGA NIDRA (45') Armonia	H.I.I.T (45') Athlos HATHA YOGA (45') Zenias *PILATES REFORMER PROPS (60') Sthenos MORNING FLOW & SANKALPA (60') Armonia
11.00		*GUIDED SEA KAYAKING (2H) BEACH VOLLEY (40')	*SNORKELLING LOURDAS BAY (90')	*GUIDED SEA KAYAKING (2H) *SNORKELING LOURDAS BAY (90') BEACH VOLLEY (40')	*SNORKELING LOURDAS BAY (90') *GUIDED SEA KAYAKING (2H)	*SNORKELING LOURDAS BAY (90')	*SNORKELLING LOURDAS BAY(90') BEACH VOLLEY (40')
17.00	YIN YANG YOGA (60') Armonia AERIAL HARMONY (60') Zenias *PILATES REFORMER PROPS (60') Sthenos	TRX & KETTLEBELLS COMBO (45') Athlos ASHTANGA YOGA FOR BEGINNERS (60') Armonia AERIAL YOGA (60') Zenias CLINICAL PILATES (45') Sthenos	CIRCUIT TRAINING (45') Athlos AERIAL CORE & UPPER BODY CONDITIONING (60') Zenias STRETCH PILATES (45') Sthenos	CROSS TRAINING (45') Beach Gym SLOW FLOW (60') Armonia POWER YOGA (60') Zenias PILATES MAT (45') Sthenos	*SPINNING (45') Athlos YOGA FOR FLEXIBILITY (60') Armonia *PILATES REFORMER PROPS (60') Zenias	DYNAMIC YOGA (60') Armonia CROSS TRAINING (45') Beach Gym AERIAL EXPLORATION (60') Sthenos	CIRCUIT TRAINING (60') Athlos SLOW FLOW (60') Armonia AERIAL HARMONY (60') Zenias PILATES FUSION (45') Sthenos
18.15	RESTORATIVE YOGA AND SOUND THERAPY (90') Zenias FULL BODY STRETCHING (45') Sthenos MINDFUL MEDITATION (30') Armonia *SUNSET MOUNTAIN e-BIKING (90') Reception	EVENING STRETCH & MOBILITY (45') Athlos AERIAL SOUNDBATH (45') Zenias *PILATES REFORMER (60') Sthenos AFTER SUN FLOW & BREATHWORK (45') Armonia	*SUNSET MOUNTAIN e-BIKING (90') Reception *PILATES REFORMER PROPS (60') Sthenos AERIAL YIN YOGA (45') Zenias	AERIAL SOUNDBATH (45') Zenias *SUNSET MOUNTAIN e-BIKING (90') Reception	EVENING STRETCH & MOBILITY (45') Athlos RECONNECT WITH YOUR BREATH (45') Armonia STRETCH PILATES (45') Zenias	SERENE SUNSET FLOW (45') Zenias MEDITATION & SOUND THERAPY (45') Armonia *SUNSET MOUNTAIN e-BIKING (90') Reception	*SPINNING (45') Athlos AERIAL SOUNDBATH (45') Zenias *PILATES REFORMER / POSTURE & CORE (60') Sthenos AFTER SUN FLOW & BREATHWORK (45') Armonia