

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00	MORNING HIKE (120') Reception		MORNING HIKE (120') Reception				MORNING HIKE (120') Reception
08.00	*KAYAK TO KATSONAS COVE (2H) Beach Gym STRETCH & FLOW (45') Zenia	HYROX WOD (50') Beach Gym RADIANT RISE & SHINE (60') Armonia POWER PILATES (45') Sthenos	*PILATES REFORMER / POSTURE & CORE (60') Sthenos AERIAL SUNRISE FLOW IN THE HAMMOCK (60') Zenia	*SPINNING (45') Athlos RADIANT RISE & SHINE (60') Armonia POWER PILATES (45') Sthenos	MORNING VILLAGE RUN (60') Reception *PILATES REFORMER (60') Sthenos	HYROX WOD (50') Beach Gym AERIAL SUNRISE FLOW IN THE HAMMOCK (60') Zenia	ABS & LEGS (45') Athlos POWER PILATES (45') Sthenos
08.15							
09.00							
09.15	*PILATES REFORMER (45') Sthenos	*SPIN & LIFT (45') Athlos HATHA YOGA (45') Armonia *PILATES REFORMER PROPS (60') Sthenos	H.I.I.T. (45') Athlos PILATES FUSION H.I.I.T. (45') Sthenos AERIAL CORE & UPPER BODY CONDITIONING (45') Zenia	ABS & LEGS (45') Athlos *PILATES REFORMER (60') Sthenos HATHA YOGA (45') Armonia	FUNCTIONAL FITNESS (45') Athlos PILATES MAT (45') Sthenos	AERIAL YIN YOGA (45') Zenia TRX & KETTLEBELLS COMBO (45') Athlos	H.I.I.T (45') Athlos HATHA YOGA (45') Armonia *PILATES REFORMER PROPS (60') Sthenos
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')
18.00	AERIAL HARMONY (60') Zenia *PILATES REFORMER PROPS (60') Sthenos	TRX & KETTLEBELLS COMBO (45') Athlos AERIAL YOGA (60') Zenia CLINICAL PILATES (45') Sthenos	CIRCUIT TRAINING (45') Athlos POWER YOGA (60') Zenia STRETCH PILATES (45') Sthenos	CROSS TRAINING (45') Beach Gym AERIAL YOGA (60') Zenia PILATES MAT (45') Sthenos	*SPINNING (45') Athlos *PILATES REFORMER PROPS (60') Sthenos	CROSS TRAINING (45') Beach Gym POWER YOGA (60') Zenia	CIRCUIT TRAINING (60') Athlos AERIAL HARMONY (60') Zenia PILATES FUSION H.I.I.T. (45') Sthenos
19.15	AERIAL YIN YOGA (45') Zenia FULL BODY STRETCHING (45') Sthenos *SUNSET MOUNTAIN e-BIKING (90') Reception	EVENING STRETCH & MOBILITY (45') Athlos AERIAL SOUNDBATH (45') Zenia *PILATES REFORMER (60') Sthenos	*SUNSET MOUNTAIN e-BIKING (90') Reception *PILATES REFORMER PROPS (60') Sthenos AERIAL YIN YOGA (45') Zenia	AERIAL SOUNDBATH (45') Zenia *SUNSET MOUNTAIN e-BIKING (90') Reception	EVENING STRETCH & MOBILITY (45') Athlos STRETCH PILATES (45') Sthenos	STRETCH & FLOW (45') Zenia *SUNSET MOUNTAIN e-BIKING (90') Reception	*SPINNING (45') Athlos AERIAL SOUNDBATH (45') Zenia *PILATES REFORMER / POSTURE & CORE (60') Sthenos

*=extra charge