

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00	MORNING WALK (120') Reception		MORNING WALK (120') Reception		MORNING WALK (120') Reception		MORNING WALK (120') Reception
08.00	*MOUNT AINOS HIKE (2H') Reception	HYROX WOD (50') Beach Gym	*PILATES REFORMER (45') Sthenos	*SPINNING (45') Athlos	CROSS TRAINING (45') Beach Gym	HYROX WOD (50') Beach Gym	ABS & LEGS (45') Athlos
	POWER YOGA (60') Zenia	VINYASA YOGA (60') Armonia	AERIAL SUNRISE FLOW IN THE HAMMOCK (60') Zenia	RADIANT RISE & SHINE (60') Zenia	*PILATES REFORMER (45') Sthenos	AERIAL SUNRISE FLOW IN THE HAMMOCK (60') Zenia	*PILATES REFORMER (45') Sthenos
	YOGA FOR FLEXIBILITY (60') Armonia	RADIANT RISE & SHINE (60') Zenia		*PILATES REFORMER PROPS (45') Sthenos		YOGA FOR FLEXIBILITY (60') Armonia	VINYASA YOGA (60') Armonia
		*PILATES REFORMER (45') Sthenos		MORNING FLOW & SANKALPA (60') Armonia			*SUP TOUR (60') Beach Gym
09.15	*PILATES REFORMER (45') Sthenos	TRX & KETTLEBELLS COMBO (45') Athlos	H.I.I.T. (45') Athlos	ABS & LEGS (45') Athlos	FUNCTIONAL FITNESS (45') Athlos	AERIAL YIN YOGA (45') Zenia	H.I.I.T. (45') Athlos
	YOGA FOR STRONG CORE (60') Armonia	HATHA YOGA (45') Zenia	PILATES FUSION H.I.I.T. (45') Sthenos	*PILATES REFORMER (45') Sthenos	VINYASA YOGA (60') Armonia	TRX & KETTLEBELLS COMBO (45') Athlos	HATHA YOGA (45') Zenia
	STRETCH & FLOW (45') Zenia	*PILATES REFORMER PROPS (45') Sthenos	AERIAL CORE & UPPER BODY CONDITIONING (45') Zenia	HATHA YOGA (45') Zenia	*PILATES REFORMER PROPS (45') Sthenos	YOGA FOR STRONG CORE (60') Armonia	*PILATES REFORMER PROPS (45') Sthenos
		YOGA FUNDAMENTALS (45') Armonia		DYNAMIC YOGA (60') Armonia			MORNING FLOW & SANKALPA (60') Armonia
10.15	AERIAL SOUNDBATH (45') Zenia	PILATES MAT (45') Sthenos	AERIAL SOUNDBATH (45') Zenia	YOGA NIDRA (45') Armonia	PILATES MAT (45') Sthenos	AERIAL SOUNDBATH (45') Zenia	PILATES MAT (45') Sthenos
	YOGA NIDRA (45') Armonia					YOGA NIDRA (45') Armonia	
11.00		*GUIDED SEA KAYAKING (2H')	*SNORKELING LOURDAS BAY (90') *GUIDED SEA KAYAKING (2H')	*SNORKELING LOURDAS BAY (90')	*SNORKELING LOURDAS BAY (90') *GUIDED SEA KAYAKING (2H')	*SNORKELING LOURDAS BAY (90')	*SNORKELING LOURDAS BAY (90') *GUIDED SEA KAYAKING (2H')
17.00	YIN YANG YOGA (60') Armonia	EVENING STRETCH & MOBILITY (45') Athlos	CIRCUIT TRAINING (45') Athlos	EVENING STRETCH & MOBILITY (45') Athlos	CIRCUIT TRAINING (45') Athlos	DYNAMIC YOGA (60') Armonia	EVENING STRETCH & MOBILITY (45') Athlos
	AERIAL HARMONY (60') Zenia	DYNAMIC YOGA (60') Armonia	POWER YOGA (60') Zenia	SLOW FLOW (60') Armonia	YOGA FOR FLEXIBILITY (60') Armonia	FUNCTIONAL FITNESS (45') Athlos	SLOW FLOW (60') Armonia
	*PILATES REFORMER PROPS (45') Sthenos	AERIAL YOGA (60') Zenia	STRETCH PILATES (45') Sthenos	AERIAL YOGA (60') Zenia	*PILATES REFORMER (45') Sthenos	POWER YOGA (60') Zenia	AERIAL HARMONY (60') Zenia
		PILATES MAT PROPS (45') Sthenos		*PILATES REFORMER PROPS (45') Sthenos			PILATES FUSION H.I.I.T. (45') Sthenos
18.15	AERIAL YIN YOGA (45') Zenia	*SUNSET e-MOUNTAIN BIKING (75') Reception	*SUNSET e-MOUNTAIN BIKING (75') Reception	AERIAL SOUNDBATH (45') Zenia	PRANAYAMA & MEDITATION (45') Armonia	STRETCH & FLOW (45') Zenia	*SUNSET e-MOUNTAIN BIKING (75') Reception
	FULL BODY STRETCHING (45') Sthenos	AERIAL SOUNDBATH (45') Zenia	*PILATES REFORMER PROPS (45') Sthenos	PILATES MAT (45') Sthenos	STRETCH PILATES (45') Sthenos	MEDITATION & SOUND THERAPY (45') Armonia	AERIAL SOUNDBATH (45') Zenia
	PRANAYAMA & MEDITATION (45') Armonia	*PILATES REFORMER (45') Sthenos	AERIAL YIN YOGA (45') Zenia	AFTER SUN FLOW & BREATHWORK (45') Armonia	*SUNSET e-MOUNTAIN BIKING (75') Reception	*SUNSET e-MOUNTAIN BIKING (75') Reception	*PILATES REFORMER (45') Sthenos
	*SUNSET e-MOUNTAIN BIKING (75') Reception	AFTER SUN FLOW & BREATHWORK (45') Armonia		*SUNSET e-MOUNTAIN BIKING (75') Reception			AFTER SUN FLOW & BREATHWORK (45') Armonia