

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00	MORNING HIKE (120') Reception		MORNING HIKE (120') Reception				MORNING HIKE (120') Reception
08.00	*FTERI BEACH HIKE (5H) Reception STRETCH & FLOW (45') Zenía	HYROX WOD (50') Beach Gym RADIANT RISE & SHINE (60') Zenía POWER PILATES (45') Sthenos	*PILATES REFORMER / POSTURE & CORE (60') Sthenos AERIAL SUNRISE IN THE HAMMOCK (60') Zenía	*SPINNING (45') Athlos RADIANT RISE & SHINE (60') Zenía POWER PILATES (45') Sthenos	MORNING VILLAGE RUN (60') Reception *PILATES REFORMER (60') Sthenos	HYROX WOD (50') Beach Gym POWER YOGA (60') Zenía	MORNING VILLAGE RUN (60') Reception POWER PILATES (45') Sthenos
08.15							
09.00							
09.15	*PILATES REFORMER (45') Sthenos	*SPIN & LIFT (45') Athlos HATHA YOGA (45') Zenía *PILATES REFORMER PROPS (60') Sthenos	H.I.I.T (45') Athlos PILATES FUSION (45') Sthenos STRETCH & FLOW (45') Zenía	ABS & LEGS (45') Athlos *PILATES REFORMER (60') Sthenos HATHA YOGA (45') Zenía	FUNCTIONAL FITNESS (45') Athlos PILATES MAT (45') Sthenos	AERIAL YOGA (45') Zenía TRX & KETTLEBELLS COMBO (45') Athlos	H.I.I.T (45') Athlos HATHA YOGA (45') Zenía *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')
17.00	AERIAL HARMONY (60') Zenía *PILATES REFORMER PROPS (60') Sthenos	TRX & KETTLEBELLS COMBO (45') Athlos AERIAL YOGA (60') Zenía CLINICAL PILATES (45') Sthenos	CIRCUIT TRAINING (45') Athlos AERIAL CORE & UPPER BODY CONDITIONING (60') Zenía STRETCH PILATES (45') Sthenos	CROSS TRAINING (45') Beach Gym POWER YOGA (60') Zenía PILATES MAT (45') Sthenos	*SPINNING (45') Athlos *PILATES REFORMER PROPS (60') Sthenos	CROSS TRAINING (45') Beach Gym AERIAL EXPLORATION (60') Zenía	CIRCUIT TRAINING (60') Athlos AERIAL HARMONY (60') Zenía PILATES FUSION (45') Sthenos
18.15	AERIAL YIN YOGA (45') Zenía FULL BODY STRETCHING (45') Sthenos *SUNSET MOUNTAIN e-BIKING (90') Reception	EVENING STRETCH & MOBILITY (45') Athlos AERIAL SOUNDBATH (45') Zenía *PILATES REFORMER (60') Sthenos	*SUNSET MOUNTAIN e-BIKING (90') Reception *PILATES REFORMER PROPS (60') Sthenos AERIAL YIN YOGA (45') Zenía	AERIAL SOUNDBATH (45') Zenía *SUNSET MOUNTAIN e-BIKING (90') Reception	EVENING STRETCH & MOBILITY (45') Athlos STRETCH PILATES (45') Sthenos	SERENE SUNSET FLOW (45') Zenía *SUNSET MOUNTAIN e-BIKING (90') Reception	*SPINNING (45') Athlos AERIAL SOUNDBATH (45') Zenía *PILATES REFORMER / POSTURE & CORE (60') Sthenos