

	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 (4H') Reception AERIAL YOGA BASICS (60') Zenias POSTURE RESET - INTELLIGENT ALIGNMENT (60') Armonia	HYBRID WORKOUT (45') Beach Gym DYNAMIC YOGA (60') Armonia ASHTANGA YOGA - PRIMARY SERIES INSPIRED (60') Zenias *PILATES REFORMER (45') Sthenos	POWER PILATES (45') Sthenos AERIAL ACROBATICS (60') Zenias	*SPIN & LIFT INTERVALS (45') Athlos VINYASA FLOW (60') Zenias *PILATES REFORMER PROPS (45') Sthenos POSTURE RESET - INTELLIGENT ALIGNMENT (60') Armonia	CROSS TRAINING (45') Beach Gym *PILATES REFORMER (45') Sthenos	HYBRID WORKOUT (45') Beach Gym AERIAL YOGA FLOW (60') Zenias POSTURE RESET - INTELLIGENT ALIGNMENT (60') Armonia	*SPIN & LIFT INTERVALS (45') Athlos *PILATES REFORMER (45') Sthenos SLOW FLOW (60') Armonia
09.15	*PILATES REFORMER (45') Sthenos YIN YOGA (60') Armonia AERIAL UPPER BODY STRENGTH (60') Zenias	ABS & LEGS (45') Athlos ARM BALANCE YOGA (60') Zenias PILATES MAT ONE (45') Sthenos RESTORATIVE YOGA & SOUND THERAPY (45') Armonia	H.I.I.T. (45') Athlos *PILATES REFORMER (45') Sthenos AERIAL UPPER BODY STRENGTH (60') Zenias	TRX & KETTLEBELLS COMBO (45') Athlos PILATES MAT PROPS (45') Sthenos ASHTANGA YOGA - PRIMARY SERIES INSPIRED (60') Zenias DYNAMIC YOGA (60') Armonia	H.I.I.T. (45') Athlos SLOW FLOW (60') Armonia PILATES MAT ONE (45') Sthenos	ABS & LEGS (45') Athlos AERIAL YOGA BASICS (60') Zenias RESTORATIVE YOGA & SOUND THERAPY (60') Armonia	TRX & KETTLEBELLS COMBO (45') Athlos AERIAL ACROBATICS (60') Zenias PILATES MAT PROPS (45') Sthenos DYNAMIC YOGA (60') Armonia
10.15		*PILATES REFORMER PROPS (45') Sthenos		TOTAL BODY WORKOUT (45') Athlos			*PILATES REFORMER PROPS (45') Sthenos
10.30	YOGA NIDRA (30') Zenias	YOGA NIDRA (30') Armonia	YOGA NIDRA (30') Zenias	YOGA NIDRA (45') Armonia		YOGA NIDRA (45') Zenias	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	YOGA MEETS MOBILITY (60') Armonia VINYASA FLOW (60') Zenias TOTAL BODY WORKOUT (45') Athlos	EVENING STRETCH & MOBILITY (45') Athlos SLOW FLOW (60') Armonia AERIAL YOGA FLOW (60') Zenias HIP & THIGH TONE UP (45') Sthenos	CIRCUIT TRAINING (45') Athlos JOURNEY THROUGH THE TSAKRAS (60') Zenias PILATES MAT ONE (45') Sthenos	EVENING STRETCH & MOBILITY (45') Athlos YOGA MEETS MOBILITY (60') Armonia AERIAL YOGA BASICS (60') Zenias *PILATES REFORMER (45') Sthenos	CIRCUIT TRAINING (45') Athlos AERIAL FLOW IN THE HAMMOCK (60') Zenias *PILATES REFORMER (45') Sthenos	FUNCTIONAL FITNESS (45') Athlos YIN YOGA (60') Armonia ARM BALANCE YOGA (60') Zenias	EVENING STRETCH & MOBILITY (45') Athlos YOGA MEETS MOBILITY (60') Armonia JOURNEY THROUGH THE TSAKRAS (60') Zenias *PILATES REFORMER (45') Sthenos
18.15	PRANAYAMA (60') Zenias *PILATES REFORMER PROPS (45') Sthenos MEDITATION & SOUND THERAPY (45') Armonia *SUNSET e-MOUNTAIN BIKING (75') Reception	AFTER SUN FLOW & BREATHWORK (60') Armonia AERIAL YOGA FLEXIBILITY (60') Zenias *PILATES REFORMER (45') Sthenos *SUNSET e-MOUNTAIN BIKING (75') Reception	*PILATES REFORMER PROPS (45') Sthenos PRANAYAMA (60') Zenias *SUNSET e-MOUNTAIN BIKING (75') Reception	AERIAL YOGA FLEXIBILITY (60') Zenias HIP & THIGH TONE UP (45') Sthenos MEDITATION & SOUND THERAPY (45') Armonia *SUNSET e-MOUNTAIN BIKING (75') Reception	AERIAL SOUNDBATH (60') Armonia FULL BODY STRETCHING (45') Sthenos *SUNSET e-MOUNTAIN BIKING (75') Reception	ASHTANGA YOGA - PRIMARY SERIES INSPIRED (60') Zenias MEDITATION & SOUND THERAPY (45') Armonia *SUNSET e-MOUNTAIN BIKING (75') Reception	AFTER SUN FLOW & BREATHWORK (60') Armonia PRANAYAMA (60') Zenias TOTAL BODY WORKOUT (45') Athlos *SUNSET e-MOUNTAIN BIKING (75') Reception