

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00	MORNING WALK (2H') Reception		MORNING WALK (120') Reception		MORNING WALK (120') Reception		MORNING WALK (2H) Reception
08.00	*KAYAK TO KATSONAS COVE (2H') Beach Gym	HYBRID WORKOUT (45') Beach Gym	POWER PILATES (45') Sthenos	*CYCLE & LIFT INTERVALS (45') Athlos	CROSS TRAINING (45') Beach Gym	HYBRID WORKOUT (45') Beach Gym	*CYCLE & LIFT INTERVALS (45') Athlos
	AERIAL YOGA BASICS (60') Zenia	DYNAMIC YOGA (60') Armonia	AERIAL YOGA BASICS (60') Zenia	VINYASA FLOW (60') Zenia	*PILATES REFORMER (45') Sthenos	AERIAL YOGA FLOW (60') Zenia	*PILATES REFORMER (45') Sthenos
	POSTURE RESET - INTELLIGENT ALIGNMENT (60') Armonia	ASHTANGA YOGA - PRIMARY SERIES INSPIRED (60') Zenia		*PILATES REFORMER PROPS (45') Sthenos		POSTURE RESET - INTELLIGENT ALIGNMENT (60') Armonia	SLOW FLOW (60') Armonia
09.15	*PILATES REFORMER (45') Sthenos	ABS & LEGS (45') Athlos	H.I.I.T. (45') Athlos	TRX & KETTLEBELLS COMBO (45') Athlos	H.I.I.T. (45') Athlos	ABS & LEGS (45') Athlos	TRX & KETTLEBELLS COMBO (45') Athlos
	YIN YOGA (60') Armonia	ARM BALANCE YOGA (60') Zenia	*PILATES REFORMER (45') Sthenos	PILATES MAT PROPS (45') Sthenos	SLOW FLOW (60') Armonia	AERIAL YOGA BASICS (60') Zenia	AERIAL YOGA FLEXIBILITY (45') Zenia
	AERIAL UPPER BODY STRENGTH (60') Zenia	PILATES MAT ONE (45') Sthenos	AERIAL UPPER BODY STRENGTH (60') Zenia	ASHTANGA YOGA - PRIMARY SERIES INSPIRED (60') Zenia	PILATES MAT ONE (45') Sthenos	RESTORATIVE YOGA & SOUND THERAPY (45') Armonia	PILATES MAT PROPS (45') Sthenos
10.15		RESTORATIVE YOGA & SOUND THERAPY (45') Armonia		DYNAMIC YOGA (60') Armonia			DYNAMIC YOGA (60') Armonia
		*PILATES REFORMER PROPS (45') Sthenos		TOTAL BODY WORKOUT (45') Athlos			*PILATES REFORMER PROPS (45') Sthenos
10.30	AERIAL YOGA NIDRA (30') Zenia	YOGA NIDRA (30') Armonia	AERIAL YOGA NIDRA (30') Zenia	YOGA NIDRA (30') Armonia		AERIAL YOGA NIDRA (30') Zenia	YOGA NIDRA (30') Armonia
11.00		*GUIDED SEA KAYAKING (2H')	*SNORKELING LOURDAS BAY (90')	*SNORKELING LOURDAS BAY (90')	*SNORKELING LOURDAS BAY (90')		*SNORKELING LOURDAS BAY (90')
			*GUIDED SEA KAYAKING (2H')		*GUIDED SEA KAYAKING (2H')		
17.00	YOGA MEETS MOBILITY (60') Armonia	EVENING STRETCH & MOBILITY (45') Athlos	CIRCUIT TRAINING (45') Athlos	EVENING STRETCH & MOBILITY (45') Athlos	CIRCUIT TRAINING (45') Athlos	FUNCTIONAL FITNESS (45') Athlos	EVENING STRETCH & MOBILITY (45') Athlos
	VINYASA FLOW (60') Zenia	SLOW FLOW (60') Armonia	JOURNEY THROUGH THE CHAKRAS (60') Zenia	YOGA MEETS MOBILITY (60') Armonia	AERIAL FLOW IN THE HAMMOCK (60') Zenia	YIN YOGA (60') Armonia	YOGA MEETS MOBILITY (60') Armonia
	TOTAL BODY WORKOUT (45') Athlos	AERIAL YOGA FLOW (60') Zenia	PILATES MAT ONE (45') Sthenos	AERIAL YOGA BASICS (60') Zenia	*PILATES REFORMER (45') Sthenos	ARM BALANCE YOGA (60') Zenia	JOURNEY THROUGH THE CHAKRAS (60') Zenia
18.15		HIP & THIGH TONE UP (45') Sthenos		*PILATES REFORMER (45') Sthenos			*PILATES REFORMER (45') Sthenos
	SUNSET HIPS & HAMSTRINGS FLOW (45') Zenia	AFTER SUN FLOW & BREATHWORK (45') Armonia	*PILATES REFORMER PROPS (45') Sthenos	AERIAL YOGA FLEXIBILITY (45') Zenia	AERIAL SOUNDBATH (45') Zenia	ASHTANGA YOGA - PRIMARY SERIES INSPIRED (60') Zenia	AFTER SUN FLOW & BREATHWORK (45') Armonia
	*PILATES REFORMER PROPS (45') Sthenos	AERIAL YOGA FLEXIBILITY (45') Zenia	PRANAYAMA (30') Zenia	HIP & THIGH TONE UP (45') Sthenos	FULL BODY STRETCHING (45') Sthenos	MEDITATION & SOUND THERAPY (45') Armonia	PRANAYAMA (30') Zenia
	MEDITATION & SOUND THERAPY (45') Armonia	*PILATES REFORMER (45') Sthenos	*SUNSET e-MOUNTAIN BIKING (75') Reception	MEDITATION & SOUND THERAPY (45') Armonia	*SUNSET e-MOUNTAIN BIKING (75') Reception	*SUNSET e-MOUNTAIN BIKING (75') Reception	TOTAL BODY WORKOUT (45') Athlos
	*SUNSET e-MOUNTAIN BIKING (75') Reception	*SUNSET e-MOUNTAIN BIKING (75') Reception		*SUNSET e-MOUNTAIN BIKING (75') Reception			*SUNSET e-MOUNTAIN BIKING (75') Reception