

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00	MORNING HIKE (120') RECEPTION		MORNING HIKE (120') RECEPTION		MORNING HIKE (120') RECEPTION		
08.00	BEACH GYM CROSS TRAINING (60') BEACH GYM	TRAIL RUN (60') RECEPTION	*PILATES REFORMER (60') RAW	MORNING VILLAGE RUN (60') RECEPTION	BEACH GYM CROSS TRAINING (60') BEACH GYM	*MOUNT AINOS HIKE 08.00- 12.00 RECEPTION	MORNING VILLAGE RUN (60') RECEPTION
	*PILATES REFORMER (60') RAW	ASHTANGA VINYASA YOGA (60') ATHLOS		VINYASA YOGA (60') ATHLOS	H.I.I.T YOGA (60') ARMONIA	YOGA FEEL GOOD FLOW (75') ZENIA	DETOX + ENERGISE FLOW (60') ZENIA
		PILATES MAT FOUNDATION (60') STHENOS		AERIAL YOGA (60') ZENIA		*PILATES REFORMER (60') RAW	RESISTANCE BANDS PILATES (60') STHENOS
				PILATES PROPS FUSION (45') STHENOS		VINYASSA + MEDITATION (90') ATHLOS	
08.15			BREATHWORK + MEDITATION (30') ZENIA				BREATHWORK + MEDITATION (30') ATHLOS
09.00			MORNING YOGA FLOW (75') ZENIA				HATHA YOGA ALL LEVELS (60') STHENOS
09.15	CIRCUIT TRAINING (45') ATHLOS	ABS + LEGS (45') ATHLOS	H.I.I.T (45') ATHLOS	KETTLEBELL WORKOUT (45') ATHLOS	FITBALL COMBO (45') STHENOS	PILATES MAT FOUNDATION (45') STHENOS	H.I.I.T (45') ATHLOS
	AERIAL YOGA FOR BEGINNERS (60') ZENIA	HAMMOCK SOUND BATH (45') ZENIA	DYNAMIC PILATES (45') STHENOS	PRE/POST NATAL YOGA (60') STHENOS	MORNING YOGA FLOW (75') ZENIA		AERIAL YOGA (60') ZENIA
	CORE PILATES (45') STHENOS	*PILATES REFORMER FLOW (60') RAW		BREATHWORK FOR VITALITY (45') ZENIA	DETOX + ENERGISE FLOW (45') ATHLOS		*PILATES REFORMER FLOW (60') RAW
				*PILATES REFORMER (60') RAW			
09.45		BREATHWORK + MEDITATION (30') STHENOS					
10.00						PRANAYAMA (30') ATHLOS	
10.30							YOGA NIDRA (45') ARMONIA
11.00	*SNORKELLING	*GUIDED SEA KAYAKING	*SNORKELLING	*GUIDED SEA KAYAKING			*SNORKELLING
17.00	FUNCTIONAL FITNESS (60') ATHLOS	TRX TOTAL BODY (60') ATHLOS	FUNCTIONAL FITNESS (60') ATHLOS	CIRCUIT TRAINING (60') ATHLOS	FUNCTIONAL FITNESS (60') ATHLOS	YIN+YANG YOGA (75') - ARMONIA	CIRCUIT TRAINING (60') ATHLOS
	ANIMAL MOVEMENT (60') ARMONIA	YIN YOGA (60') ARMONIA	HATHA YOGA ALL LEVELS (60') ARMONIA	RESTORATIVE YOGA (60') ARMONIA	YIN YOGA (60') ARMONIA	HATHA YOGA (60') ZENIA	RESTORATIVE YOGA + SOUND THERAPY (90') ARMONIA
		AERIAL YOGA (60') ZENIA	CORE PILATES (60') STHENOS	SUMMER SOLSTICE FLOW (60') ZENIA	AERIAL YOGA FOR BEGINNERS (60') ZENIA	*PILATES REFORMER FLOW (60') RAW	SUMMER SOLSTICE FLOW (60') ZENIA
		RESISTANCE BANDS PILATES (60') STHENOS		PILATES MAT FOUNDATION (60') STHENOS			
18.15	EVENING STRETCH + MOBILITY (45') STHENOS	STRETCH + FLEX (45') STHENOS	FITBALL COMBO (45') STHENOS	MEDITATION + SOUND THERAPY (30') ARMONIA	EVENING STRETCH + MOBILITY (45') STHENOS		STRETCH + FLEX (45') STHENOS
	*PILATES REFORMER FLOW (60') RAW	YOGA NIDRA + SOUND THERAPY (45') ARMONIA	*TRADITIONAL GREEK DANCING (60') ARMONIA	HATHA YOGA (45') ZENIA	BREATHWORK + MEDITATION (30') ARMONIA		*PILATES REFORMER(60') RAW
		BREATHWORK FOR VITALITY (45') ZENIA	*PILATES REFORMER FLOW (60') RAW				
		*PILATES REFORMER (60') RAW					

This schedule is subject to change

\*extra charge