

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00	MORNING HIKE (120') Reception		MORNING HIKE (120') Reception		MORNING HIKE (120') Reception		MORNING HIKE (120') Reception
08.00	*FTERI BEACH HIKE (4H) Reception *SUP YOGA (60') Beach Gym YOGA FOR FLEXIBILITY (60') Armonia	HYROX WOD (50') Beach Gym YOGA FOR STRENGTH (60') Armonia RADIANT SHINE & RISE (60') Zenias POWER PILATES (45') Sthenos	*PILATES REFORMER / POSTURE & CORE (60') Sthenos AERIAL SUNRISE IN THE HAMMOCK (60') Zenias	*SPINNING (45') Athlos RADIANT RISE & SHINE (60') Zenias POWER PILATES (45') Sthenos YOGA FOR FLEXIBILITY (60') Armonia	MORNING VILLAGE RUN (60') Reception POWER YOGA (60') Zenias	HYROX WOD (50') Beach Gym *PILATES REFORMER (60') Sthenos VINYASA YOGA (60') Armonia	MORNING VILLAGE RUN (60') Reception POWER PILATES (45') Sthenos VINYASA YOGA (60') Zenias
08.15							
09.00							
09.15	*PILATES REFORMER (45') Sthenos SUN SALUTATION FLOW (45') Armonia	*SPIN & LIFT (45') Athlos HATHA YOGA (45') Zenias *PILATES REFORMER PROPS (60') Sthenos YOGA FUNDAMENTALS (45') Armonia	H.I.I.T (45') Athlos PILATES FUSION (45') Sthenos STRETCH & FLOW (45') Zenias	ABS & LEGS (45') Athlos *PILATES REFORMER (60') Sthenos HATHA YOGA (45') Zenias VINYASA YOGA (45') Armonia	FUNCTIONAL TRAINING (45') Athlos HATHA YOGA ALL LEVELS (60') Armonia AERIAL YOGA (45') Zenias	PILATES MAT (45') Sthenos TRX & KETTLEBELLS COMBO (45') Athlos YIN YOGA (45') Armonia	H.I.I.T (45') Athlos HATHA YOGA (45') Zenias *PILATES REFORMER PROPS (60') Sthenos CHAIR YOGA (45') Armonia
11.00		*GUIDED SEA KAYAKING (2H) BEACH VOLLEY (40')	*SNORKELLING LOURDAS BAY (90')	*GUIDED SEA KAYAKING (2H) *SNORKELLING LOURDAS BAY (90') BEACH VOLLEY (40')	*SNORKELLING LOURDAS BAY (90') *GUIDED SEA KAYAKING (2H)	*SNORKELLING LOURDAS BAY (90')	*SNORKELLING LOURDAS BAY(90') BEACH VOLLEY (40')
17.00	YIN YANG YOGA (60') Armonia AERIAL HARMONY (60') Zenias *PILATES REFORMER PROPS (60') Sthenos	TRX & KETTLEBELLS COMBO (45') Athlos MOON SALUTATION FLOW (45') Armonia AERIAL YOGA (60') Zenias CLINICAL PILATES (45') Sthenos	CIRCUIT TRAINING (45') Athlos AERIAL CORE & UPPER BODY CONDITIONING (60') Zenias STRETCH PILATES (45') Sthenos	CROSS TRAINING (45') Beach Gym HATHA YOGA ALL LEVELS (60') Armonia POWER YOGA (60') Zenias PILATES MAT (45') Sthenos	*SPINNING (45') Athlos YIN YOGA (60') Armonia AERIAL EXPLORATION (60') Zenias	DYNAMIC YOGA FLOW (60') Armonia CROSS TRAINING (45') Beach Gym *PILATES REFORMER PROPS (60') Sthenos	CIRCUIT TRAINING (60') Athlos RESTORATIVE YOGA (60') Armonia AERIAL HARMONY (60') Zenias PILATES FUSION (45') Sthenos
18.15	RESTORATIVE YOGA AND SOUND HEALING (45') Zenias FULL BODY STRETCHING (45') Sthenos ABUNDANCE MEDITATION (30') Armonia *SUNSET MOUNTAIN e-BIKING (90') Reception	EVENING STRETCH & MOBILITY (45') Athlos AERIAL SOUNDBATH (45') Zenias *PILATES REFORMER (60') Sthenos YOGA NIDRA (45') Armonia	*SUNSET MOUNTAIN e-BIKING (90') Reception *PILATES REFORMER PROPS (60') Sthenos AERIAL YIN YOGA (45') Zenias	AERIAL SOUNDBATH (45') Zenias *SUNSET MOUNTAIN e-BIKING (90') Reception	EVENING STRETCH & MOBILITY (45') Athlos SINGING BOWL MEDITATION (45') Armonia SERENE SUNSET FLOW (45') Zenias	STRETCH PILATES (45') Sthenos RESTORATIVE YOGA & SOUND HEALING (45') Armonia *SUNSET MOUNTAIN e-BIKING (90') Reception	*SPINNING (45') Athlos AERIAL SOUNDBATH (45') Zenias *PILATES REFORMER / POSTURE & CORE (60') Sthenos RECONNECT WITH YOUR BREATH (45') Armonia