

	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	CROSS TRAINING (60') Beach Gym RADIANT RISE & SHINE (60') Zenia *STONE BRIDGE HIKE (3H30) Reception	TRAIL RUN (60') Reception YOGA FOR STRENGTH (60') Athlos DYNAMIC DETOX (60') Zenia PILATES MAT FOUNDATION (60') Sthenos	*PILATES REFORMER (60') Raw PRENATAL YOGA (60') Zenia	MORNING VILLAGE RUN (60') Reception AERIAL HARMONY (60') Zenia DYNAMIC PILATES (60') Sthenos	CROSS TRAINING (60') Beach Gym AERIAL YIN YOGA (60') Zenia *LEFKA BEACH HIKE (3H) Reception	*MOUNT AINOS HIKE (4H) Reception POWER YOGA (60') Zenia *PILATES REFORMER (60') Raw SUN SALUTATION FLOW (45') Athlos	MORNING VILLAGE RUN (60') Reception VINYASA YOGA (60') Zenia PILATES PROPS (60') Sthenos
08.15				HARMONY MEDITATION (30') Athlos			
09.00				360' VINYASA YOGA (75') Sthenos		YOGA FOR FLEXIBILITY (60') Athlos	
09.15	*SPINNING (45') Sthenos AERIAL YIN YOGA (60') Zenia *PILATES REFORMER (60') Raw	ABS & LEGS (45') Athlos HATHA YOGA (45') Zenia *PILATES REFORMER FLOW (60') Raw YOGA FUNDAMENTALS (60') Sthenos	H.I.I.T (45') Athlos PILATES PROPS (45') Sthenos DYNAMIC YOGA FLOW (60') Zenia	KETTLEBELL WORKOUT (45') Athlos *PILATES REFORMER (60') Raw POWER YOGA (60') Zenia	TRX & KETTLEBELL COMBO (45') Athlos HATHA YOGA ALL LEVELS (60') Sthenos RADIANT RISE & SHINE (45') Zenia	PILATES MAT FOUNDATION (45') Sthenos	H.I.I.T (45') Athlos HATHA YOGA (60') Zenia *PILATES REFORMER FLOW (60') Raw CHAIR YOGA (45') Sthenos
11.00	*SNORKELLING AG. THOMAS (90') Beach Gym	*GUIDED SEA KAYAKING (2H) Beach Gym	*SNORKELLING LOURDAS (90') Beach Gym	*GUIDED SEA KAYAKING (2H) Beach Gym			*SNORKELLING PESSADA BEACH (90') Beach Gym
17.00	FUNCTIONAL FITNESS (60') Athlos SLOW FLOW (60') Zenia PILATES PROPS (45') Sthenos	TRX & KETTLEBELL COMBO (45') Athlos MOON SALUTATION FLOW (45') Armonia AERIAL YOGA (60') Zenia STRETCH PILATES (60') Sthenos	CIRCUIT TRAINING (45') Athlos RESTORATIVE YOGA + SOUND HEALING (90') Armonia CORE PILATES (60') Sthenos	FUNCTIONAL FITNESS (60') Athlos HATHA YOGA ALL LEVELS (60') Armonia DYNAMIC DETOX (60') Zenia PILATES MAT FOUNDATION (60') Sthenos	*SPINNING (45') Sthenos YIN YOGA (60') Armonia AERIAL EXPLORATION (60') Zenia	YIN YANG YOGA (60') Armonia SLOW FLOW (60') Zenia *PILATES REFORMER FLOW (60') Raw	CIRCUIT TRAINING (60') Athlos RESTORATIVE YOGA (60') Armonia DYNAMIC DETOX (60') Zenia STRETCH PILATES (60') Sthenos
18.15	EVENING STRETCH + MOBILITY (45') Sthenos SERENE SUNSET FLOW (45') Zenia *PILATES REFORMER FLOW (60') Raw	BODY POSTURE IMPROVEMENT (45') Sthenos STRETCH + FLOW (45') Zenia *PILATES REFORMER (60') Raw *YOGA NIDRA (45') Armonia	*SUNSET MOUNTAIN BIKING (60') Beach Gym *PILATES REFORMER FLOW (60') Raw	SERENE SUNSET FLOW (45') Zenia *TRADITIONAL GREEK DANCING (60') Armonia	FITBALL COMBO (45') Sthenos SINGING BOWL MEDITATION (45') Armonia STRETCH + FLOW (45') Zenia	SERENE SUNSET FLOW (45') Zenia PILATES PROPS (45') Sthenos ABUNDANCE MEDITATION (30') Armonia	STRETCH + FLEX (45') Sthenos SLOW FLOW (45') Zenia *PILATES REFORMER (60') Raw *RECONNECT WITH YOUR BREATH (30') Armonia