

	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 (45') Sthenos	*PILATES REFORMER (60') Raw  PRENATAL YOGA (60') Zenia	MORNING VILLAGE RUN (60') Reception  RADIANT SHINE & RISE (60') Zenia  DYNAMIC PILATES (45') Sthenos	CROSS TRAINING (60') Beach Gym  POWER YOGA (60') Zenia	*MOUNT AINOS HIKE (4H) Reception  DYNAMIC DETOX (60') Zenia  *PILATES REFORMER (60') Raw  SUN SALUTATION FLOW (45') Athlos	MORNING VILLAGE RUN (60') Reception  CORE PILATES (60') Sthenos  VINYASA YOGA (60') Zenia
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 (45') Sthenos	H.I.I.T (45') Athlos  PILATES PROPS (45') Sthenos  DYNAMIC YOGA FLOW (60') Zenia	KETTLEBELL WORKOUT (45') Athlos  *PILATES REFORMER (60') Raw  DYNAMIC DETOX (45') Zenia	TRX & KETTLEBELL COMBO (45') Athlos  HATHA YOGA ALL LEVELS (60') Sthenos  AERIAL YIN YOGA (45') Zenia	PILATES MAT FOUNDATION (45') Sthenos	H.I.I.T (45') Athlos  HATHA YOGA (45') 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	*LEFKA BEACH HIKE (3H) Reception		*SNORKELLING 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 (45') Sthenos	CIRCUIT TRAINING (60') Athlos  RESTORATIVE YOGA + SOUND HEALING (90') Armonia  CORE PILATES (45') Sthenos	FUNCTIONAL FITNESS (60') Athlos  HATHA YOGA ALL LEVELS (60') Armonia  AERIAL EXPLORATION (60') Zenia  PILATES MAT FOUNDATION (45') Sthenos	*SPINNING (45') Sthenos  YIN YOGA (60') Armonia  HATHA YOGA (60') Zenia	YIN YANG YOGA (60') Armonia  SLOW FLOW (60') Zenia  *PILATES REFORMER FLOW (60') Raw	CIRCUIT TRAINING (60') Athlos  RESTORATIVE YOGA (60') Armonia  AERIAL HARMONY (60') Zenia  STRETCH PILATES (45') 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 e-BIKING (60') Reception  *PILATES REFORMER FLOW (60') Raw	AERIAL SOUNDBATH (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  AERIAL SOUNDBATH (45') Zenia  *PILATES REFORMER (60') Raw  *RECONNECT WITH YOUR BREATH (30') Armonia