

	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') Armonia DYNAMIC DETOX (60') Zenia PILATES MAT FOUNDATION (45') Sthenos	*PILATES REFORMER (60') Raw PRENATAL YOGA (60') Zenia	MORNING VILLAGE RUN (60') Reception RADIANT RISE & SHINE (60') Zenia DYNAMIC PILATES (45') Sthenos	CROSS TRAINING (60') Beach Gym POWER YOGA (60') Zenia	*MOUNT AINOS HIKE (4H) Reception *INTRODUCTION TO SUP YOGA (60') Beach Gym *PILATES REFORMER (60') Raw SUN SALUTATION FLOW (45') Armonia	MORNING VILLAGE RUN (60') Reception CORE PILATES (60') Sthenos VINYASA YOGA (60') Zenia
08.15				HARMONY MEDITATION (30') Armonia			
09.00				360' VINYASA YOGA (75') Armonia		YOGA FOR FLEXIBILITY (60') Armonia	
09.15	*SPINNING (45') Sthenos AERIAL YIN YOGA (45') Zenia *PILATES REFORMER (60') Raw	ABS & LEGS (45') Athlos HATHA YOGA (45') Zenia *PILATES REFORMER FLOW (60') Raw YOGA FUNDAMENTALS (45') Armonia	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') Armonia 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 *SNORKELING LOURDAS BEACH (90') Beach Gym	*GUIDED SEA KAYAKING (2H) Beach Gym		*SNORKELLING PESSADA BEACH (90') Beach Gym
18.00	FUNCTIONAL FITNESS (60') Athlos SLOW FLOW (60') Zenia PILATES PROPS (45') Sthenos	TRX & KETTLEBELLS 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
19.15	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 (90') Reception *PILATES REFORMER FLOW (60') Raw	AERIAL SOUNDBATH (45') Zenia *TRADITIONAL GREEK DANCING (60') Armonia *SUNSET MOUNTAIN e-BIKING (90') Reception	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 *SUNSET MOUNTAIN e-BIKING (90') Reception	STRETCH + FLEX (45') Sthenos AERIAL SOUNDBATH (45') Zenia *PILATES REFORMER (60') Raw RECONNECT WITH YOUR BREATH (30') Armonia