

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 CROSS TRAINING (60') BEACH GYM	TRAIL RUN (60') RECEPTION	*PILATES REFORMER (60') RAW	MORNING VILLAGE RUN (60') RECEPTION	BEACH 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 (90') ARMONIA		VINYASA YOGA (60') ARMONIA	H.I.L.T YOGA (60') ARMONIA	FEEL GOOD YOGA FLOW (75') ZENIA	DETOX + ENERGISE FLOW (60') ZENIA
		DETOX + ENERGISE FLOW (45') ZENIA		AERIAL YOGA (60') ZENIA		*PILATES REFORMER (60') RAW	RESISTANCE BANDS PILATES (60') STHENOS
		PILATES MAT FOUNDATION (60') STHENOS		PILATES PROPS FUSION (60') STHENOS			
08.15			BREATHWORK + MEDITATION (30') ARMONIA			VINYASSA + MEDITATION (90') ARMONIA	BREATHWORK + MEDITATION (30') ARMONIA
09.00			MORNING YOGA FLOW (75') ARMONIA				HATHA YOGA ALL LEVELS (60') ARMONIA
09.15	CIRCUIT TRAINING (45') ATHLOS	ABS + LEGS (45') ATHLOS	H.I.L.T (45') ATHLOS	KETTLEBELL WORKOUT (45') ATHLOS	FITBALL COMBO (45') STHENOS	PILATES MAT FOUNDATION (45') STHENOS	H.I.L.T (45') ATHLOS
	AERIAL YOGA FOR BEGINNERS (60') ZENIA	HAMMOCK SOUND BATH (45') ZENIA	DYNAMIC PILATES (45') STHENOS	PRE/POST NATAL YOGA (60') ARMONIA	MORNING YOGA FLOW (75') ZENIA		AERIAL YOGA (60') ZENIA
	CORE PILATES (60') STHENOS	*PILATES REFORMER FLOW (60') RAW		BREATHWORK FOR VITALITY (45') ZENIA	DETOX + ENERGISE FLOW (45') ARMONIA		*PILATES REFORMER FLOW (60') RAW
				*PILATES REFORMER (60') RAW			
09.45		BREATHWORK + MEDITATION (30') ARMONIA					
10.00						PRANAYAMA (30') ARMONIA	
10.30							YOGA NIDRA (45') ARMONIA
11.00	*SNORKELLING	*GUIDED SEA KAYAKING	*SNORKELLING	*GUIDED SEA KAYAKING			*SNORKELLING
18.00	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
	PRENATAL PILATES (60') STHENOS	AERIAL YOGA (60') ZENIA	CORE PILATES (60') STHENOS	SUMMER SOLSTICE FLOW (60') ZENIA	AERIAL YOGA FOR BEGINNERS (60') ZENIA	*PILATES REFORMER FLOW (60') RAW	H.I.L.T YOGA (60') ZENIA
		RESISTANCE BANDS PILATES (60') STHENOS		PILATES MAT FOUNDATION (60') STHENOS			DYNAMIC PILATES (60') STHENOS
19.15	EVENING STRETCH + MOBILITY (45') STHENOS	STRETCH + FLEX (45') STHENOS	FITBALL COMBO (45') STHENOS	MEDITATION + SOUND THERAPY (30') ARMONIA	EVENING STRETCH + MOBILITY (45') STHENOS	SUMMER SOLSTICE FLOW (60') ZENIA	STRETCH + FLEX (45') STHENOS
	VOICE WORKSHOP/HEART MEDITATION (45') ARMONIA	YOGA NIDRA + SOUND THERAPIY (45') ARMONIA	*TRADITIONAL GREEK DANCING (60') ARMONIA	HATHA YOGA (45') ZENIA	BREATHWORK + MEDITATION (30') ARMONIA	PILATES BALANCE (45') STHENOS	BREATHWORK FOR VITALITY (45') ZENIA
	*PILATES REFORMER FLOW (60') RAW	BREATHWORK FOR VITALITY (45') ZENIA	*PILATES REFORMER FLOW (60') RAW		VOICE WORKSHOP/HEART MEDITATION (45') ZENIA		*PILATES REFORMER (60') RAW
		*PILATES REFORMER (60') RAW					

This schedule is subject to change

*extra charge