

Fitness With a Priceless View

GYM & FITNESS MENU

Small Group Exercise Week Programm



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00		Sunrise Yoga 30' Meet Point (Upper Pool)		Stretch Express 30' Meet Point (Gym)			
10:00			Pilates Mat 30' Meet Point (Upper Pool)			Power Pilates 30' Meet Point (Upper Pool)	Beach Barefoot Walk 30' Meet Point (Pool Bar)
11:00					Beach Barefoot Walk 30' Meet Point (Pool Bar)		
12:00			Aqua Fit 45' Meet Point (Upper Pool)				Aqua Power 45' Meet Point (Upper Pool)
17:00				Aqua Power 45' Meet Point (Upper Pool)			
18:00		Cardio Mix 45' Meet Point (Gym)				Body Shape 45' Meet Point (Gym)	
19:00	Outdoor Running 60' Meet Point (Pool Bar)		Cross Training 45' Meet Point (Gym)		Outdoor Running 60' Meet Point (Pool Bar)		
20:00				Power Yoga 45' Meet Point (Upper Pool)			Power Pilates 45' Meet Point (Gym)
21:00		CandleLight Yoga 45' Meet Point (Pool Bar)					

* Παρακαλούμε σημειώστε, ότι η κράτηση είναι απαραίτητη μια ημέρα νωρίτερα ή κατόπιν αιτήματος την ίδια ημέρα.
Η ομαδική άσκηση είναι διαθέσιμη για τους επισκέπτες και τα μέλη που είναι ηλικίας άνω των 16 ετών. / *Please note, reservation is necessary a day earlier or upon same-day request. Group Exercise is available to guests and members who are aged 16+.

