

MONDAY

08.00 - 09.00
RHYTHMIC YOGA
Outdoor spot

08:30 - 09:30
BODY WEIGHT TRAINING
Outdoor pavilion

18.00 - 19.00
VINYASA YOGA
Outdoor spot

19.30 - 22.30
ATMOSPHERIC DJ SET
Mom

TUESDAY

08:00 - 09:00
CHAKRA YOGA
Outdoor spot

08:30 - 09:30
FUNCTIONAL TRAINING
Outdoor pavilion

09.00 - 10.00
GARDEN TOUR
Meeting point
Lobby

18.00 - 19.00
HEALING YOGA
Outdoor spot

WEDNESDAY

08.00 - 09.00
STRETCH & BREATHE YOGA
Outdoor spot

08.30 - 09.30
ABS & HIPS
Outdoor pavilion

19.00 - 20.00
YIN YOGA TIBETAN BOWLS
(additional charge)

19.30 - 22.30
FEEL GOOD DJ SET
Mom

THURSDAY

08.00 - 09.00
YOGA STRETCH
Outdoor spot

08.30-09.30
HIIT Tabata
Outdoor pavilion

18.00 - 19.00
NIDRA YOGA
Outdoor spot

19.30 - 22.30
FEEL GOOD DJ SET
Mom

FRIDAY

08.00 - 09.00
POWER YOGA
Outdoor spot

08.30 - 09.30
PILATES
Outdoor pavilion

18.00-19.00
RELIEF YOGA
Outdoor spot

19.30-20.30
SOUND HEALING
(additional charge)

SATURDAY

08.00 - 09.00
PRANAYAMA YOGA
Outdoor spot

08.30 - 09.30
CORE TRAINING
Outdoor pavilion

18.00 -19.00
STRESS RELEASE YOGA
Outdoor spot

18.00 - 19.00
ART TOUR
Meet up at the
reception

19.30 - 22.30
ATMOSPHERIC DJ SET
Mom

SUNDAY

08.00 - 09.00
SLOW FLOW
Outdoor spot

18.00 - 19.00
THERAPY YOGA
Outdoor spot

DAILY BASIS UPON REQUEST

12.00 - 14.00
COOKERY CLASS (€)

17.00 - 19.00
PAINTING WORKSHOP(€)