

01/09 – 07/09

FITNESS PROGRAMM

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

7:30 – 8:15
MAT PILATES
AT THE BEACH

7:45 – 8:45
SUNRISE YOGA
AT THE BEACH

7:30 – 8:15
PILATES
AT THE BEACH

7:45 – 8:45
SUNRISE YOGA
AT THE BEACH

7:30 – 8:15
MAT PILATES
AT THE BEACH

7:45 – 8:45
SUNRISE YOGA
AT THE BEACH

9:00 – 9:45
FUNCTIONAL TRAINING
OUTDOOR FITNESS ZONE

11:00–11:45
BODYWEIGHT BOOTCAMP
OUTDOOR FITNESS ZONE

9:00 – 9:45
MUSCLE SCULPTING
OUTDOOR FITNESS ZONE

9:00 – 9:45
FUNCTIONAL TRAINING
OUTDOOR FITNESS ZONE

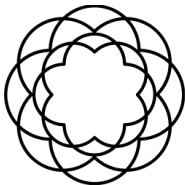
9:00 – 9:45
STRENGTH & CONDITIONING
OUTDOOR FITNESS ZONE

9:00 – 9:45
MUSCLES SCULPTING
OUTDOOR FITNESS ZONE

On a complimentary basis. Please book in advance.

PILATES REFORMER
EVERY TUESDAY AND THURSDAY
7:30–8:30

30€ PER PERSON. BOOKINGS REQUIRED



DOMES OF ELOUNDA

AUTOGRAPH COLLECTION[®]
HOTELS