



DOMES OF CORFU

FITNESS SCHEDULE

MONDAY

8:15 - 9:00
SUNRISE YOGA

10:00 - 11:00
PILATES

17:45 - 18:30
BODYWEIGHT TRAINING
FOR TEENAGERS

18:30-19:15
SUNSET YOGA & MEDITATION

TUESDAY

8:15 - 9:00
SUNRISE YOGA

10:00 - 11:00
PILATES

17:45 - 18:30
FUNCTIONAL TRAINING

18:30-19:15
YOGA FAMILY

WEDNESDAY

8:15 - 9:00
YOGA FAMILY

10:00 - 11:00
PILATES

17:45 - 18:30
BODYWEIGHT TRAINING
FOR TEENAGERS

18:30-19:15
SUNSET YOGA & MEDITATION

THURSDAY

8:15 - 9:00
SUNRISE YOGA

10:00 - 11:00
PILATES

17:45 - 18:30
FUNCTIONAL TRAINING

18:30-19:15
YOGA FAMILY

FRIDAY

8:15 - 9:00
SUNRISE YOGA

10:00 - 11:00
PILATES

17:45 - 18:30
BODYWEIGHT TRAINING
FOR TEENAGERS

18:30-19:15
SUNSET YOGA & MEDITATION

SATURDAY

8:15 - 9:00
YOGA FAMILY

10:00 - 11:00
PILATES

17:45 - 18:30
FUNCTIONAL TRAINING

18:30-19:15
SUNSET YOGA & MEDITATION