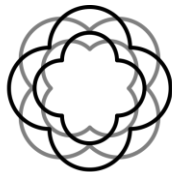


FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00 – 09:00 MORNING YOGA FLOW	08:00 – 09:00 BEACH POWER YOGA	08:00 – 09:00 MORNING YOGA FLOW	08:00 – 09:00 BEACH POWER YOGA	08:00 – 09:00 MORNING YOGA FLOW	08:00 – 09:00 BEACH POWER YOGA
9:15 – 10:00 HIIT BEACH BOOTCAMP	9:15 – 10:00 PILATES	9:15 – 10:00 BOOTY & ABS	9:15 – 10:00 PILATES	9:15 – 10:00 HIIT BEACH BOOTCAMP	9:15 – 10:00 PILATES
17:30 – 18:30 PILATES	17:30 – 18:30 HIIT BEACH BOOTCAMP	17:30 – 18:30 STRETCHING & CORE	17:30 – 18:30 BOOTY & ABS	17:30 – 18:30 PILATES	17:30 – 18:30 STRETCHING & CORE
18:45 – 19:45 SUNSET YOGA	18:45 – 19:45 SUNSET YOGA	18:45 – 19:45 SUNSET YOGA	18:45 – 19:45 SUNSET YOGA	18:45 – 19:45 SUNSET YOGA	18:45 – 19:45 SUNSET YOGA

*SESSIONS ARE AT THE COST OF 10€



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