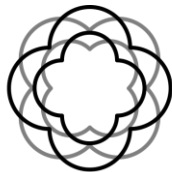


FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30 – 09:30 MORNING YOGA FLOW	08:30 – 09:30 BEACH HATHA YOGA	08:30 – 09:30 MORNING YOGA FLOW	08:30 – 09:30 BEACH HATHA YOGA	08:30 – 09:30 MORNING YOGA FLOW	08:30 – 09:30 BEACH HATHA YOGA
10:00 – 11:00 HIIT BEACH BOOTCAMP	10:00 – 11:00 PILATES	10:00 – 11:00 BOOTY & ABS	10:00 – 11:00 PILATES	10:00 – 11:00 HIIT BEACH BOOTCAMP	10:00 – 11:00 PILATES
17:00 – 17:45 PILATES	17:00 – 17:45 HIIT BEACH BOOTCAMP	17:00 – 17:45 PILATES MAT & PROPS	17:00 – 17:45 BOOTY & ABS	17:00 – 17:45 PILATES MAT & PROPS	17:00 – 17:45 BOOTY & ABS
18:00 – 19:00 SUNSET YOGA	18:00 – 19:00 SUNSET YOGA	18:00 – 19:00 SUNSET YOGA	18:00 – 19:00 SUNSET YOGA	18:00 – 19:00 SUNSET YOGA	18:00 – 19:00 SUNSET YOGA

*SESSIONS ARE AT THE COST OF 10€



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