

|                               | Monday 20-06  | Tuesday 21-06  | Wednesday 22-06  | Thursday 23-06  | Friday 24-06  | Saturday 25-06  | Sunday 26-06  |
|-------------------------------|---|--|--|---|---|---|---|
| <b>GYM</b>                    | 07:00-20:00 unsupervised  | 07:00-20:00 unsupervised   | 07:00-20:00 unsupervised   | 07:00-20:00 unsupervised  | 07:00-20:00 unsupervised  | 07:00-20:00 unsupervised  | 07:00-20:00 unsupervised  |
| <b>8:00</b>                   | <b>MORNING ENERGY (20 min)</b><br>Theatre platform                      | <b>MORNING ENERGY (20 min)</b><br>Theatre platform                         | <b>MORNING ENERGY (20 min)</b><br>Theatre platform                         | <b>MORNING ENERGY (20 min)</b><br>Theatre platform                              | <b>MORNING ENERGY (20 min)</b><br>Theatre platform                      | <b>MORNING ENERGY (20 min)</b><br>Theatre platform                                  | <b>MORNING ENERGY (20 min)</b><br>Theatre platform                      |
| directly after Morning Energy | <b>POWER WALK (45 min) OR MORNINGSWIM</b><br>(as many laps as you want) | <b>POWER WALK (45 min) OR MORNINGSWIM</b><br>(as many laps as you want)    | <b>POWER WALK (45 min) OR MORNINGSWIM</b><br>(as many laps as you want)    | <b>POWER WALK (45 min)</b>  | <b>POWER WALK (45 min) OR MORNINGSWIM</b><br>(as many laps as you want) | <b>POWER WALK (45 min) OR MORNINGSWIM</b><br>(as many laps as you want)             | <b>POWER WALK (45 min) OR MORNINGSWIM</b><br>(as many laps as you want) |
| <b>8:30</b>                   | <b>MORNING RUN 5K</b><br>Pool Bar                                       |  | <b>MORNING RUN 5K</b><br>Pool Bar  | <b>MORNING RUN 5K</b><br>Pool Bar   |   |   | <b>MORNING RUN 5K</b><br>Pool Bar                                       |
| <b>8:30</b>                   | <b>MTB BIKE 30K</b><br>Improver - Blue<br>Sign up in Cycle Centre       | <b>ROAD BIKE 35K</b><br>Intermediate - Red<br>Sign up in Cycle Centre      | <b>MTB BIKE 40K</b><br>Intermediate - Red<br>Sign up in Cycle Centre       | <b>ROAD BIKE 45K</b><br>Intermediate - Red<br>Sign up in Cycle Centre           | <b>MTB BIKE 30K</b><br>Improver - Blue<br>Sign up in Cycle Centre       | <b>08.00 ROAD BIKE 80K</b><br>Advanced - Black<br>Sign up in Cycle Centre           |   |
| <b>9:00</b>                   | <b>YOGA</b><br>Theatre platform   | <b>FUNCTIONAL TRAINING</b><br>Theatre platform                             | <b>YOGA</b><br>Theatre platform  | <b>FUNCTIONAL TRAINING</b><br>Theatre platform                                  | <b>EASY PILATES</b><br>Theatre platform                                 |   | <b>FUNCTIONAL TRAINING</b><br>Theatre platform                          |
| <b>9:00</b>                   | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box            | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box               | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box               | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box                    | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box            | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box                        | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box            |
| <b>9:30</b>                   | <b>PADDLE BOARD GAMES</b><br>Sign up in Sports Booking                  | <b>PADDLE BOARD</b> to<br>Karvouno Beach Bar<br>Sign up in Sports Booking  | <b>SEA KAYAK</b> around Agios<br>Nikolaos<br>Sign up in Sports Booking     | <b>KAYAK</b> to the Blue Lagoon -<br>Sign up in Sports Booking                  | <b>SEA KAYAK</b> to Mega Draf -<br>Sign up in Sports Booking            | <b>SEA KAYAK</b> to Mavro Oros<br>Caves& Blue Lagoon - Sign<br>up in Sports Booking | <b>KAYAK</b> to Sivota<br>Sign up in Sports Booking                     |
| <b>9:45</b>                   |   | <b>PADDLE START 1</b><br>Beach   | <b>PADDLE BOARD CLINIC</b><br>Beach  | <b>PADDLE EXPLORE 3</b><br>Beach  | <b>PADDLE BOARD CLINIC</b><br>Beach                                     | <b>PADDLE DISCOVER 2</b><br>Beach   |   |
| <b>10:00</b>                  | <b>LOW IMPACT EXERCISES</b><br>Theatre platform                         | <b>EASY PILATES</b><br>Theatre platform                                    | <b>LOW IMPACT EXERCISES</b><br>Theatre platform                            | <b>YOGA</b><br>Theatre platform   | <b>YOGA</b><br>Theatre platform   | <b>YOGA</b><br>Theatre platform   | <b>YOGA</b><br>Theatre platform   |
| <b>10:00</b>                  | <b>SPIN BEGINNERS</b><br>Sign up in Sports Booking<br>Mini Fitness area | <b>SPIN INTERMEDIATE</b><br>Sign up in Sports Booking<br>Mini Fitness area | <b>SPIN INTERMEDIATE</b><br>Sign up in Sports Booking<br>Mini Fitness area | <b>11.00!! SPIN BEGINNERS</b><br>Sign up in Sports Booking<br>Mini Fitness area | <b>SPIN ADVANCED</b><br>Sign up in Sports Booking<br>Mini Fitness area  | <b>SPIN INTERMEDIATE</b><br>Sign up in Sports Booking<br>Mini Fitness area          | <b>SPIN BEGINNERS</b><br>Sign up in Sports Booking<br>Mini Fitness area |
| <b>10:00</b>                  | <b>MILITARY TRAINING</b><br>WOD Box                                     | <b>AMRAP</b><br>WOD Box  | <b>TABATA</b><br>WOD Box   | <b>BOOTCAMP</b><br>WOD Box  |   |   | <b>TABATA</b><br>WOD Box  |
| <b>11:00</b>                  |   | <b>HIIT</b><br>WOD Box   | <b>FULL BODY WORKOUT</b><br>WOD Box  | <b>CROSS WOD</b><br>WOD Box   | <b>HIIT</b><br>WOD Box  | <b>FULL BODY WORKOUT</b><br>WOD Box   | <b>MILITARY TRAINING</b><br>WOD Box                                     |
| <b>11:00</b>                  |   | <b>BOOTCAMP</b><br>Theatre platform  | <b>SPIN</b><br>Sign up in Sports Booking<br>Mini Fitness area              | <b>STEP FIT</b><br>Theatre platform   |   |   |   |
| <b>11:00</b>                  | <b>SOCIAL FOOTBALL</b><br>multicourt                                    | <b>SOCIAL FOOTBALL</b><br>multicourt                                       | <b>SOCIAL FOOTBALL</b><br>multicourt                                       | <b>SOCIAL FOOTBALL</b><br>multicourt  | <b>SOCIAL FOOTBALL</b><br>multicourt                                    | <b>SOCIAL FOOTBALL</b><br>multicourt  | <b>SOCIAL FOOTBALL</b><br>multicourt                                    |
| <b>12:00</b>                  |   | <b>BOOTYLICIOUS</b><br>(30 min)<br>WOD Box                                 | <b>CORE (30 min)</b><br>WOD Box  | <b>BOOTYLICIOUS (30 min)</b><br>WOD Box   | <b>CORE (30 min)</b><br>WOD Box   | <b>CORE (30 min)</b><br>WOD Box   | <b>CORE (30 min)</b><br>WOD Box   |
| <b>12:00</b>                  | <b>SWIM AND STRETCH</b><br>Meet at Pontoon                              |  | <b>SWIM AND STRETCH</b><br>Meet at Pontoon                                 |   | <b>SWIM AND STRETCH</b><br>Meet at Pontoon                              |   |   |

|   | Monday 20-06  | Tuesday 21-06   | Wednesday 22-06   | Thursday 23-06  | Friday 24-06  | Saturday 25-06  | Sunday 26-06  |
|---|---|---|---|---|---|---|---|
| 15:00   | <b>MTB BIKE 15K</b><br>Improver - Blue<br>Sign up in Cycle Centre   | <b>MTB BIKE 5K</b><br>Beginner - Green<br>Sign up in Cycle Centre   | <b>ROAD BIKE 15K</b><br>Improver - Blue<br>Sign up in Cycle Centre  | <b>14.30! BIYAK - MTB/KAYAK</b><br>to Beach Bar<br>sign up in Bike Centre   | <b>MTB BIKE 10K</b><br>Beginner - Green<br>Sign up in Cycle Centre  | <b>MTB BIKE 10K</b><br>Beginner - Green<br>Sign up in Cycle Centre  |   |
| 15:00   | <b>KAYAK to the Blue Lagoon -</b><br>Sign up in Sports Booking  | <b>KAYAK to Sivota</b><br>Sign up in Sports Booking   | <b>PADDLE BOARD</b> around<br>Goat Island (Improver)<br>Sign up in Sports Booking   |   | <b>PADDLE BOARD</b> to<br>Karvoudou Beach Bar<br>Sign up in Sports Booking  | <b>KAYAK to the Blue Lagoon -</b><br>Sign up in Sports Booking  | <b>PADDLE BOARD</b> to<br>Diapori Beach<br>Sign up in Sports Booking                          |
| 15:00   |   | <b>SPORT SPECIFIC TRAINING</b><br><b>FOR FIELD SPORTS</b><br>Gym  | <b>FOAM ROLLER (30 min)</b><br>Sign up in Sports Booking<br>WOD Box   | <b>PREHAB TRAINING (30m)</b><br>Workshop/training for l.back<br>Gym   | <b>SPORT SPECIFIC TRAINING</b><br><b>FOR RUNNING</b><br>Gym   | <b>PREHAB TRAINING (30m)</b><br>Workshop/training for knees<br>Gym  | <b>FOAM ROLLER (30 min)</b><br>Sign up in Sports Booking<br>WOD Box                           |
| 15:00   |   | <b>AQUA</b><br>Pool   | <b>AQUA</b><br>Pool   | <b>AQUA</b><br>Pool   | <b>AQUA</b><br>Pool   | <b>AQUA</b><br>Pool   | <b>AQUA</b><br>Pool   |
| 15:15   | <b>INTRO TO 3 PADDLE SPORTS</b><br>Beach  | <b>PADDLE EXPLORE 3</b><br>Beach  | <b>PADDLE DISCOVER 2</b><br>Beach   | <b>PADDLE START 1</b><br>Beach  | <b>SEA KAYAK CLINIC</b><br>Beach  | <b>FUN PADDLE RACING</b><br>Beach   |   |
| 16:00   | <b>CIRCUIT TRAINING</b><br>WOD Box  | <b>SNATCH TECHNIQUE</b><br>Advanced crossfit related training<br>Sign up in Sports Booking<br>WOD Box   | <b>CLEAN &amp; JERK TECHNIQUE</b><br>Advanced crossfit related training<br>Sign up in Sports Booking<br>WOD Box   | <b>CIRCUIT TRAINING</b><br>WOD Box  | <b>16.30 - 18.00</b><br><b>FITNESS-X-TEAMS</b><br>Sign up in Sports Booking<br>WOD Box  | <b>TECHNIQUE TRAINING BASIC LIFTS</b><br>squats, deadlifts, benchpress<br>Sign up in Sports Booking<br>WOD Box  | <b>FITNESS-X-GYMNASTIC</b><br>Sign up in Sports Booking<br>WOD Box                            |
| 17:00   | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box  | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box  | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box  | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box  |   | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box  | <b>FITNESS-X-WOD</b><br>Sign up in Sports Booking<br>WOD Box                                  |
| 17:00   | <b>SPIN INTERMEDIATE</b><br>Sign up in Sports Booking<br>Mini Fitness area  | <b>ABBA THEME SPIN</b><br>Sign up in Sports Booking<br>Mini Fitness area  | <b>SPIN BEGINNERS</b><br>Sign up in Sports Booking<br>Mini Fitness area   | <b>MICHAEL JACKSON THEME SPIN</b><br>Sign up in Sports Booking<br>Mini Fitness area   | <b>SPIN</b><br>Sign up in Sports Booking<br>Mini Fitness area   | <b>SPIN</b><br>Sign up in Sports Booking<br>Mini Fitness area   | <b>SPIN INTERMEDIATE</b><br>Sign up in Sports Booking<br>Mini Fitness area                    |
| 18:00   |   |   |   |   | <b>AMRAP</b><br>WOD Box   | <b>FUNCTIONAL TRAINING</b><br>Theatre platform  |   |
| 18:00   |   | <b>GYM INTRODUCTION</b><br>(max 5 pers) Gym   |   | <b>GYM INTRODUCTION</b><br>(max 5 pers) Gym   | <b>GYM INTRODUCTION</b><br>(max 5 pers) Gym   |   |   |
| 18:00   | <b>FULL BODY WORKOUT</b><br>WOD Box   | <b>EASY YOGA</b><br>Theatre platform  | <b>POWER YOGA</b><br>WOD Box  | <b>MILITARY TRAINING</b><br>WOD Box   | <b>STEP FIT</b><br>Theatre platform   | <b>POWER YOGA</b><br>WOD Box  | <b>PUMP &amp; TONE</b><br>Theatre platform  |
| 19:00   | <b>STRETCH &amp; RELAX</b><br>Theatre platform  | <b>STRETCH &amp; RELAX</b><br>Theatre platform  | <b>STRETCH &amp; RELAX</b><br>Theatre platform  | <b>STRETCH &amp; RELAX</b><br>Theatre platform  | <b>STRETCH &amp; RELAX</b><br>Theatre platform  | <b>STRETCH &amp; RELAX</b><br>Theatre platform  | <b>STRETCH &amp; RELAX</b><br>Theatre platform  |
|   | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>   | <b>Sunday</b>   |
| <b>SPECIAL EVENTS</b>                           |   |   | <b>18.30 King of the Hill (run)</b><br>sign up in Sports Booking<br>meet at Poolbar   | <b>09.00 Swim</b><br>around goat Island<br>(meet at Beach)<br>Sign up in Sports Booking   | <b>14.30 Aquathlon</b><br>run 300m-swim 300m -<br>run300m (meet at Poolbar)<br>sign up in Sports Booking  | <b>18.00 SOCIAL FOOTBALL</b><br>STAFF VERSUS GUESTS<br>multicourt   |   |
| <b>Padel</b>                                    | <b>16.00 SOCIAL BEGINNER</b><br><b>17.00 SOCIAL INTERMEDIATE</b><br><b>18.00 &amp; 19.00 SOCIAL ALL LEVELS</b><br>Sign up in Sports booking | <b>09.00-10.00 SOCIAL BEGINNER</b><br><b>10.00-11.00 SOCIAL INTERMEDIATE</b><br><b>16.00 &amp; 17.00 SOCIAL ALL LEVELS</b><br>Sign up in Sports booking | <b>09.00-10.00 SOCIAL BEGINNER</b><br><b>10.00-11.00 SOCIAL INTERMEDIATE</b><br><b>16.00 &amp; 17.00 SOCIAL ALL LEVELS</b><br>Sign up in Sports booking | <b>09.00-10.00 SOCIAL BEGINNER</b><br><b>10.00-11.00 SOCIAL INTERMEDIATE</b><br><b>16.00 &amp; 17.00 SOCIAL ALL LEVELS</b><br>Sign up in Sports booking | <b>09.00-10.00 SOCIAL BEGINNER</b><br><b>10.00-11.00 SOCIAL INTERMEDIATE</b><br><b>16.00 &amp; 17.00 SOCIAL ALL LEVELS</b><br>Sign up in Sports booking | <b>09.00-10.00 SOCIAL BEGINNER</b><br><b>10.00-11.00 SOCIAL INTERMEDIATE</b><br><b>18.00 &amp; 19.00 SOCIAL TOURNAMENT</b><br>ALL LEVELS<br>Sign up in Sports booking | <b>16.00 &amp; 17.00</b><br><b>SOCIAL (without instructions)</b><br>Sign up in Sports booking |
| <b>Tennis morning sign up in sports booking</b> | <b>8:30 – 10.00</b><br>Red (Intermediate)- Black (Adv)<br>10:30 – 12:00<br>Green (Beginner)- Blue (Improver)                                | <b>8:30 – 09.30 Red-Intermediate</b><br><b>9:30 – 10.30 Black-Advanced</b><br><b>10:30 – 11:30 Green-Beginner</b><br><b>11:30 – 12:30 Blue-Improver</b> | <b>8:30 – 09.30 Black-Advanced</b><br><b>9:30 – 10.30 Red-Intermediate</b><br><b>10.30 – 11:30 Blue-Improver</b><br><b>11:30 – 12:30 Green-Beginner</b> | <b>8:30 – 09.30 Red-Intermediate</b><br><b>9:30 – 10.30 Black-Advanced</b><br><b>10:30 – 11:30 Green-Beginner</b><br><b>11:30 – 12:30 Blue-Improver</b> | <b>8:30 – 09.30 Black-Advanced</b><br><b>9:30 – 10.30 Red-Intermediate</b><br><b>10.30 – 11:30 Blue-Improver</b><br><b>11:30 – 12:30 Green-Beginner</b> | <b>8:30 – 10.30 Tournament</b><br>Red (Intermediate)- Black (Adv)<br>10:30 – 12:30 Tournament<br>Green (Beginner)- Blue (Improver)                                    | <b>FREE PLAY AVAILABLE</b>  |

|  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday                        |
|--|--|--|--|--|---|---|-------------------------------|
| Tennis afternoon sign up in sports booking | 15:00 - 16:00 Red/Blue<br>16:00 – 17:00 Superdrills<br>(€11 per person)<br>17:00 – 18:00 Social Tennis<br>(all levels) | 15:00 - 16:00 Red/Blue<br>16:00 – 17:00 Superdrills<br>(€11 per person)<br>17:00 – 18:00 Social Tennis<br>(all levels) | 15:00 - 16:00 Red/Blue<br>16:00 – 17:00 Superdrills<br>(€11 per person)<br>17:00 – 18:00 Social Tennis<br>(all levels) | 15:00 - 16:00 Red/Blue<br>16:00 – 17:00 Superdrills<br>(€11 per person)<br>17:00 – 18:00 Social Tennis<br>(all levels) | 15:00 - 16:00 Red/Blue<br>16:00 – 17:00 COACH EXO<br>18:00 Buzz & Balls<br>(all levels)                   | 16:00 – 17:00 Superdrills<br>(€11 per person)<br>17:00 – 18:00 Social Tennis<br>(all levels)              |                               |
| Water front                                | Waterski/Wakeboard<br>BOOK at SKI Pontoon<br>08.00-13.00 and 14.00-16.00<br>Kayak / SUP open 09.00 -17.00              | Waterski/Wakeboard<br>BOOK at SKI Pontoon<br>08.00-13.00 and 14.00-16.00<br>Kayak / SUP open 09.00 -17.00              | Waterski/Wakeboard<br>BOOK at SKI Pontoon<br>08.00-13.00 and 14.00-16.00<br>Kayak / SUP open 09.00 -17.00              | Waterski/Wakeboard<br>BOOK at SKI Pontoon<br>08.00-13.00 and 14.00-16.00<br>Kayak / SUP open 09.00 -17.00              | Waterski/Wakeboard<br>BOOK at SKI Pontoon<br>08.00-13.00 and 14.00-16.00<br>Kayak / SUP open 09.00 -17.00 | Waterski/Wakeboard<br>BOOK at SKI Pontoon<br>08.00-13.00 and 14.00-16.00<br>Kayak / SUP open 09.00 -17.00 | KAYAK/SUP<br>OPEN 09.00-17.00 |

**Redmarks** require pre booking at Sports booking. You can only book 1 day in advance. **Blue marks** means that class is given by our guest instructor, more info on boards.

Classes are minimum 45 minutes unless indicated differently. Bring water, a cap/hat to class and don't forget to put some sunscreen on.

Please be aware that all instructions are in English and activities or use of facilities is at your own responsibility.

Run is adjusted after level of the group, it doesn't matter if your are beginner or high level, there is room for everyone.

Social padel tennis and tennis sessions is between approx 45-50 min.

*This program is subject to changes - you will always find the last updated version onsite .*