

FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 – 9:30 SUNRISE YOGA	8:30 – 9:30 VINYASA YOGA FLOW	8:30 – 9:30 SUNRISE YOGA	8:30 – 9:30 VINYASA YOGA FLOW	8:30 – 9:30 SUNRISE YOGA	8:30 – 9:30 VINYASA YOGA FLOW
9:45 – 10:30 HIIT BOOTCAMP	9:45 – 10:30 PILATES	9:45 – 10:30 BOOTY & ABS	9:45 – 10:30 PILATES	9:45 – 10:30 HIIT BOOTCAMP	9:45 – 10:30 PILATES
17:15 – 18:15 PILATES	17:15 – 18:15 HIIT BOOTCAMP	17:15 – 18:15 STRETCHING & CORE	17:15 – 18:15 BOOTY & ABS	17:15 – 18:15 PILATES	17:15 – 18:15 STRETCHING & CORE
18:30 – 19:30 SUNSET YOGA & MEDITATION	18:30 – 19:30 SUNSET YOGA & MEDITATION	18:30 – 19:30 SUNSET YOGA & MEDITATION	18:30 – 19:30 SUNSET YOGA & MEDITATION	18:30 – 19:30 SUNSET YOGA & MEDITATION	18:30 – 19:30 SUNSET YOGA & MEDITATION



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