

# FITNESS PROGRAM

## MONDAY

8:30 – 9:30  
SUNRISE  
YOGA

9:45 – 10:30  
HIIT BOOTCAMP

17:15 – 18:15  
PILATES

18:30 – 19:30  
SUNSET YOGA &  
MEDITATION

## TUESDAY

8:30 – 9:30  
VINYASA YOGA  
FLOW

9:45 – 10:30  
PILATES

17:15 – 18:15  
FUNCTIONAL  
CONDITIONING

18:30 – 19:30  
SUNSET YOGA &  
MEDITATION

## WEDNESDAY

8:30 – 9:30  
SUNRISE  
YOGA

9:45 – 10:30  
HIIT  
BOOTCAMP

17:15 – 18:15  
STRETCHING &  
CORE

18:30 – 19:30  
SUNSET YOGA &  
MEDITATION

## THURSDAY

8:30 – 9:30  
VINYASA YOGA  
FLOW

9:45 – 10:30  
PILATES

17:15 – 18:15  
STRETCHING  
& CORE

18:30 – 19:30  
SUNSET YOGA &  
MEDITATION

## FRIDAY

8:30 – 9:30  
SUNRISE  
YOGA

9:45 – 10:30  
HIIT BOOTCAMP

17:15 – 18:15  
PILATES

18:30 – 19:30  
SUNSET YOGA &  
MEDITATION

## SATURDAY

8:30 – 9:30  
VINYASA YOGA  
FLOW

9:45 – 10:30  
PILATES

17:15 – 18:15  
FUNCTIONAL  
TRAINING

18:30 – 19:30  
SUNSET YOGA &  
MEDITATION



DOMES MIRAMARE  
CORFU