

THURSDAY

8AM	Breakfast 8am-11am TASI	Int / Adv Tennis 8am-9am	Triathlon Water & Run Training 8am-9am Gym		Learn To Meditate 8am-9.15am Lawn	Water Mandala Yoga 8am-8.45am Decks
9AM		Cardio Tennis 9am-10am	All Levels Approx 50km /1000m 9am-11am	HIIT Cardio 9am-9.45am Gym		Yin Yoga 9am-9.45am Decks
10AM				HIIT Strength 10am-10.45am Gym		Tone & Sculpt 10am-10.45am Lawn
11AM			Paddleboarding Session 11am-12pm			
12PM	Lunch 12pm-3pm The Terraces			Deli Stall* 1pm-3pm TASI		
3PM		Intermediate Sailing Session 3pm-4pm		Cooking Demo 3pm-4pm Courtyard		Massage Pop-Up 3pm-7pm Decks
4PM	Focus Tennis: Serves 4pm-5pm	Slow Flow Yoga 4pm-4.45pm Decks		Breathwork 4pm-4.45pm Lawn	Cardio Barre & Burn 4pm-4.45pm Gym	
5PM	Social Tennis 5pm-6pm	Dynamic Vinyasa Yoga 5pm-5.45pm Decks	In Conversation with 5pm-5.45pm TASI		Deadlifts & Squat Workshop 5pm-5.45pm Gym	
6PM	BREAK			Sunset Sound Meditation 6pm-7pm Decks		
7PM	Dinner From 7pm TASI		Evening Feast* 7.30pm-9.30pm The Terraces			
				Peligoni Quiz Night From 9.30pm Driftwood Bar		
11PM						

SAMPLE PROGRAMME

*Will incur an additional cost

FRIDAY

8AM	Breakfast 8am-11am TASI	Beg / Int Tennis 8am-9am	Core Collective X Peligoni Triathlon 8am-11am	Energising & Empowering Morning Yoga Nidra 8am-9am Decks		Learn To Meditate 8am-9.15am Lawn
9AM		Cardio Tennis 9am-10am		HIIT Cardio 9am-9:45am Gym	Yoga Inversion Workshop 9.15am-10am Lawn	
10AM				Meet At Reception	Breathwork 10.15am-11am Lawn	Power Pilates 10am-10.45am Gym
11AM		Guest Chef Brunch*		Beginner Windsurfing Session 11am - 12pm		
12PM		11am-1pm The Terraces	Lunch 12.30pm-3.30pm TASI			
3PM		Sailing Regatta 3pm-4pm				Massage Pop-Up 3pm-7pm Decks
4PM	Tennis Tournament 4pm-6pm		Dynamic Vinyasa Yoga 4pm-4.45pm Lawn		HIIT Strength 4pm-4.45pm Gym	
5PM			Guided Energy Crystal Healing Meditation 5pm-6pm Lawn		Combo Then Cocktails 5pm-5.45pm Gym	
6PM	BREAK			BREAK		
7PM		Peligoni Food Festival* From 7.30pm Courtyard		Guest Band From 8pm		
11PM						

PACE

PROGRAMME

THE PELIGONI CLUB

PROGRAMME KEY

-  Food & Drink
-  Workshops & Activities
-  Yoga & Pilates
-  Mindfulness
-  Fitness, Tennis & Cycling
-  Watersports
-  Music

Please book all activities, classes & feasts with Reception