

TUESDAY

WEDNESDAY

THURSDAY

8AM	Breakfast* 8am-11am TASI	Intermediate Bike Ride 8am-10am The Bike Shed	Slow Flow Yoga 8am-8.45am Yoga Deck	Run & HIIT 8am-8.45am The Gym	
9AM			Dynamic Vinyasa Yoga 9am-9.45am Yoga Deck	HIIT Strength 9am-9.45am The Gym	Cardio Tennis 9am-10am Tennis Courts
10AM			Breathwork Class 10am-11am The Lawn		HIIT Cardio 10am-10.45am The Gym
11AM	Beginner Windsurf Session 11am-12pm			Creative Workshop 11am-2pm The Workshop	Pop Up Spa** 10am-1pm The Decks
12PM		Beers & Backgammon 12pm-1pm The Driftwood Bar			
1PM	Lunch** 12.30pm-3.30pm TASI	Pop Up Spa** 1pm-6pm The Decks	Guest Chef Feast** 1pm-3pm The Terraces		DJ Set 1pm-5pm The Decks
2PM					Ringo Rampage* 2pm-4pm SKI Shack
3PM			Cocktail Masterclass 3pm-4pm The Yard Bar	Peli Lunch Pop-up* 2pm-5pm	
4PM	Cardio Dance Cocktail 4pm-4.45pm The Gym		Creative Workshops 4.30pm-6pm The Garden		
5PM	Yin Yoga 5pm-5.45pm The Lawn			Tipsy Tennis 5pm-6pm Tennis Courts	Live Music 5pm-6pm The Driftwood Bar
6PM					
8PM	Cocktail Hour* 7pm-8pm Pool				Live Music 7pm-8pm Pool
	Opening Night Feast** 8pm-11pm The Courtyard				Live Music 8pm-11pm The Courtyard
10PM					
12PM					DJ Set 11pm-1am The Driftwood Bar
2AM					

8AM	Breakfast* 8am-11am TASI				
9AM			Cardio Tennis 9am-10am Tennis Courts	Run & HIIT 9am-9.45am The Gym	Pilates 9am-9.45am The Lawn
10AM				Hangover Bootcamp 10am-10.45am The Gym	Slow Flow Yoga 10am-10.45am Yoga Deck
11AM		Breathwork Class 10.30am-11.30am The Lawn		Island Kayak 11am-12pm	Cardio Dance Cocktail 11am-11.45am The Gym
12PM	Ringo Rampage* 12pm-2pm SKI Shack			Creative Workshop 12pm-2pm The Workshop	Pop-Up Spa** 10am-1pm The Decks
1PM		Lunch** 12pm-3pm The Terraces			Live Music 1pm-3pm The Decks
2PM					
3PM			Pop-Up Spa* 1pm-6pm The Decks	Peli Lunch Pop-up* 2pm-5pm	
4PM		Beers & Backgammon 3pm-5pm The Workshop			Odyssey Floating Boat Bar* 3pm-6pm The Decks
5PM	Bar Takeover* 3pm-8pm			Tipsy Tennis 5pm-6pm Tennis Courts	Power Ballads Yoga 5pm-5.45pm The Lawn
6PM					
8PM		Peli Pop Ups* 7pm-10pm	Guest Chef Feast** 7pm-10pm		DJ Set 6pm-10pm The Decks
10PM					
12PM					
2AM					

SAMPLE PROGRAMME

8AM	Breakfast* 8am-11am TASI			Run & HIIT 8am-8.45am The Gym	
9AM			Slow Flow Yoga 9am-9.45am The Lawn	HIIT Strength 9am-9.45am The Gym	Dynamic Duos Tennis Tournament 9am-10.30am Tennis Courts
10AM			Dynamic Vinyasa Yoga 10am-10.45am Yoga Deck	Hangover Bootcamp 10am-10.45am The Gym	Shipwreck Boat Trip** 9.15am-12pm
11AM		Guest Chef Brunch** 10.30am-12pm			
12PM		Beginner Sailing Session 12pm-1pm		Creative Workshop 11am-2.30pm The Workshop	
1PM	Lunch** 12.30pm-3.30pm	Pop-Up** Spa 1pm-6pm			
2PM	TASI				
3PM			Ringo Rampage* 2pm-4pm SKI Shack	Peli Lunch Pop-up* 2pm-5pm	Live Music 1pm-5.30pm The Decks
4PM	HIIT Strength 4pm-4.45pm The Gym		Yin Yoga 4pm-4.45pm The Lawn	Odyssey Floating Boat Bar* 3pm-6pm	
5PM				Tipsy Tennis 5pm-6pm Tennis Courts	
6PM					
8PM	Guest Chef Feast** 7pm-10pm				
10PM	Peligoni Variety Show 10pm-11.45pm The Courtyard				
12PM					Live Music 11.45pm-1am The Courtyard
2AM					

8AM				Bike Ride & Tune Up Your Bike Workshop 8am-10am The Bike Shed	
9AM	Peligoni Breakfast Pop-up* 8am-11am	Hangover Bootcamp 9am-9.45am The Gym	Pilates 9am-9.45am The Lawn		Cardio Tennis 9am-10am Tennis Courts
10AM		HIIT Strength 10am-10.45am The Gym	Slow Flow Yoga 10am-10.45am Yoga Deck	Mindfulness Class 10am-11am The Lawn	Creative Workshop 10am-11.30am The Garden
11AM		Bottomless Brunch With Live Music** 11am-12.30pm			
12PM		TASI			
1PM	Peli Lunch Pop-up* 12pm-3pm	Ringo Rampage* 1pm-3pm SKI Shack	Windsurf Session 1pm-2pm	Beers & Backgammon 12pm-3pm The Workshop	Live Music 1pm-2pm The Decks
2PM					
3PM				Pop-Up Spa** 1pm-6pm The Decks	DJ Set 2pm-5pm The Decks
4PM	House Party Sports Day 3.30pm-5pm Tennis Courts		Cocktail Masterclass 4pm-5pm The Yard Bar	Odyssey Floating Boat Bar* 3pm-6pm	
5PM		Yin Yoga 5pm-5.45pm The Lawn			
6PM					
8PM	Food Festival** 8pm-10pm The Courtyard		Mardi Gras Theme Night Fancy Dress Station 7pm-9pm The Workshop		Live Music 7pm-1am The Courtyard
10PM					
12AM					
2AM					

Class Sign-ups & Feast Bookings

During The House Party, some workshops and classes need to be booked in advance and others are drop-in. Please lookout for a double asterisk on the programme to see what requires pre-booking. To sign-up for classes and workshops, book into feasts and get any other information that you might need for The House Party, please email reception@peligoni.com or head to Reception opposite The Terraces restaurant once you arrive. Our friendly team are always on hand to assist.

Shuttle Service

A shuttle service is included with your ticket, operating between Tuesday 19th September and Friday 22nd September.

Please note the programme is subject to change

All Watersports activities meet at The Love Shack by the Beach.
Don't forget you will need an induction before going out on the water!

*Additional Cost

**Additional Cost & Booking Essential

THE HOUSE PARTY

SAMPLE PROGRAMME

THE PELIGONI CLUB

PROGRAMME KEY



Yoga & Pilates



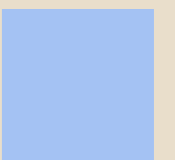
Food & Drink



Music & Entertainment



Watersports



Fitness, Tennis & Cycling



Workshops & Activities



Mindfulness & Wellbeing