

MONDAY

8:00	Breakfast* <i>Tasi</i> 8:00 - 10:45 <i>Deli</i> 8:00 - 11:30	Pop-Up Smoothie Bar* <i>Pool Cafe</i> 8:30 - 11:00	Vinyasa Yoga° <i>Studio</i> 8:00 - 8:45	Combat Cardio° <i>Gym</i> 8:00 - 8:45	HIIT & Run° <i>Park</i> 8:00 - 8:45		Cycling°		
			Fire Mandala° <i>Studio</i> 9:00 - 9:45	Cardio Barre & Burn° <i>Gym</i> 9:00 - 9:45	Hyrox Training° <i>Park</i> 9:00 - 9:45	Beg/Int Tennis: Ground Strokes° 9:30 - 11:00	Intermediate Bike Ride 8:30 - 11:00		
			Pilates° <i>Studio</i> 10:00 - 10:45	Slow Pace Strength° <i>Gym</i> 10:00 - 10:45	HIIT Cardio° <i>Park</i> 10:00 - 10:45				
			Aqua Aerobics° <i>Pool</i> 11:00 - 11:45		Energise & Awaken° <i>Studio</i> 11:15 - 11:45	Get Lit° <i>Yoga Deck</i> 11:00 - 12:00	Adv Tennis: Topspin & Movement° Drills 11:00 - 12:30		
12:00	Lunch** <i>Tasi</i> 12:00 - 15:00	Pop-Up Lunch* by Peligoni 13:00 - 15:00	BREAK					Cycling°	Pop-Up Spa** <i>Decks</i>
15:00	Afternoon Bites* <i>Tasi</i> 15:30 - 18:00	Workshop° <i>Yard Bar</i> 15:00 - 16:00	Heavenly Hips & Tight Bits° <i>Studio</i> 16:00 - 17:00	Tone & Sculpt° <i>Gym</i> 16:00 - 16:45	Theta Healing Meditation° <i>Studio</i> 15:00 - 15:30		Tour de Zakynthos 14:00 - 17:00	11:00 - 18:00	
		Breathe & Flow° <i>Studio</i> 17:15 - 18:00	Yin Yoga° <i>Yoga Deck</i> 17:00 - 17:45	Slow Pace Strength° <i>Gym</i> 17:00 - 17:45	Match Play° & Social Mix 16:30 - 18:00				
19:00	Welcome Feast** <i>Courtyard</i> 19.45								

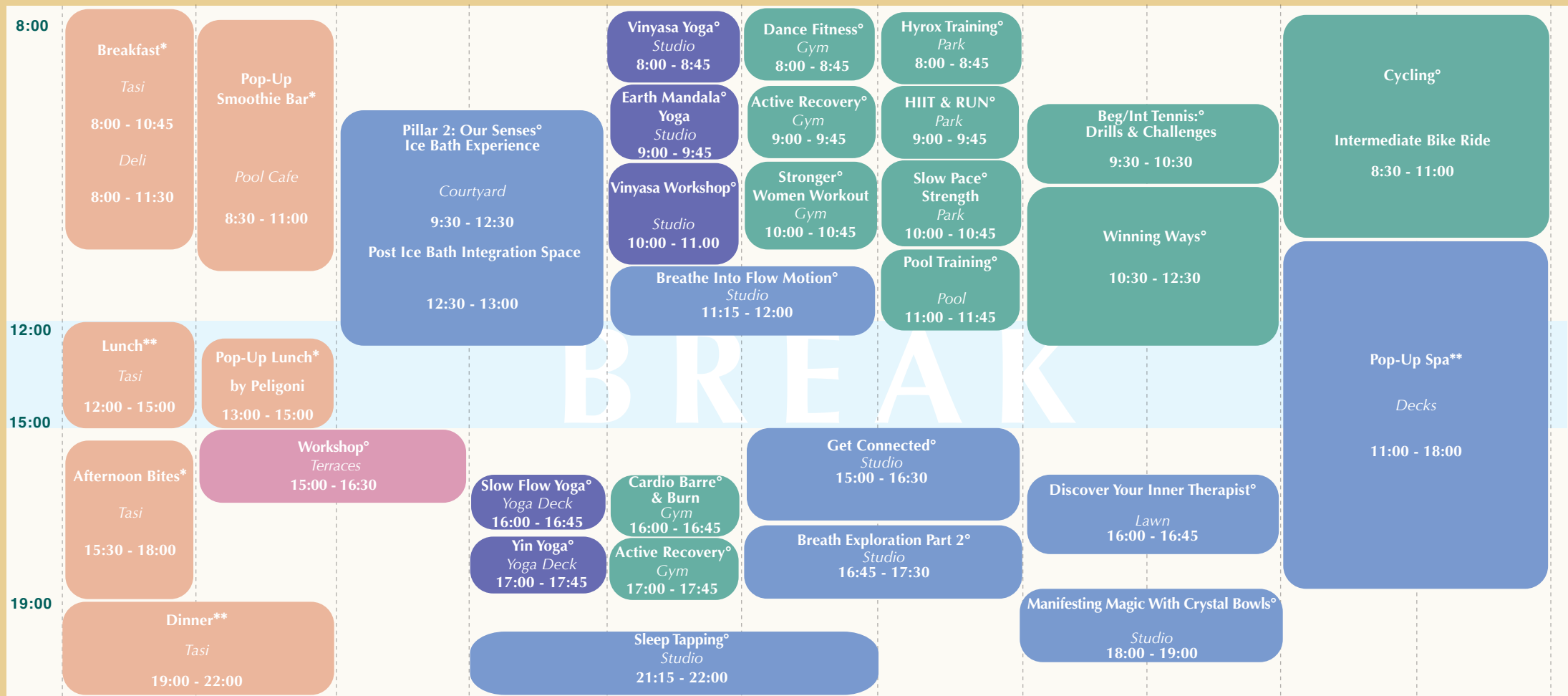
TUESDAY

8:00	Breakfast* <i>Tasi</i> 8:00 - 10:45 <i>Deli</i> 8:00 - 11:30	Pop-Up Smoothie Bar* <i>Pool Cafe</i> 8:30 - 11:00	Air Mandala° <i>Yoga Studio</i> 8:00 - 8:45	HIIT Strength° <i>Gym</i> 8:00 - 8:45	Hyrox Training° <i>Park</i> 8:00 - 8:45		Cycling°	
			Cardio Pilates° <i>Studio</i> 9:00 - 9:45	TRX & Kettlebells° <i>Gym</i> 9:00 - 9:45	HIIT Cardio° <i>Park</i> 9:00 - 9:45	10k Run° <i>Meet At Reception</i> 9:00 - 10:30	Advanced Bike Ride 8:00 - 11:00	
			Arm Balancing° <i>Workshop Studio</i> 10:00 - 11:00	Dance Fitness° <i>Gym</i> 10:00 - 10:45	HIIT & Run° <i>Park</i> 10:00 - 10:45			
			Pool Training° <i>Pool</i> 11:00 - 11:45		Workshop° <i>Studio</i> 11:15 - 12:15	Beg/Int Tennis: Volleys & Net Play° Drills 11:00 - 12:30		
12:00	Lunch** <i>Tasi</i> 12:00 - 15:00	Pop-Up Lunch* by Peligoni 13:00 - 15:00	BREAK					Pop-Up Spa** <i>Decks</i>
15:00	Afternoon Bites* <i>Tasi</i> 15:30 - 18:00	Slow Flow Yoga° <i>Yoga Deck</i> 16:00 - 16:45	Cardio Barre & Burn° <i>Gym</i> 16:00 - 16:45	Intuitive Movement Meditation° <i>Studio</i> 15:00 - 15:45		Cycling°	10:00 - 18:00	
		Yin Yoga° <i>Yoga Deck</i> 17:00 - 17:45	Active Recovery° <i>Gym</i> 17:00 - 17:45	Unwind & Release° <i>Studio</i> 17:15 - 18:00	Match Play° & Social Mix 16:30 - 18:00	Cycle with a View Intermediate/ Advanced 14:00 - 17:00	11:00 - 18:00	
19:00	Dinner** <i>Tasi</i> 19:00 - 22:00			Sharing The Light° <i>Courtyard</i> 21:00 - 21:45		Sound Under The Stars° <i>Courtyard</i> 22:00 - 23:00		

WEDNESDAY

8:00	Breakfast* <i>Tasi</i> 8:00 - 10:45 <i>Deli</i> 8:00 - 11:30	Pop-Up Smoothie Bar* <i>Pool Cafe</i> 8:30 - 11:00	Pillar 1: The Breath° Ice Bath Experience <i>Courtyard</i> 9:30 - 12:30 Post Ice Bath Integration Space 12:30 - 13:00			Pilates° <i>Studio</i> 8:00 - 8:45	TRX & Kettlebells° <i>Gym</i> 8:00 - 8:45	HIIT & Run° <i>Park</i> 8:00 - 8:45	Find Your Voice° <i>Lawn</i> 8:30 - 9:30	Cycling°
					Water Mandala° <i>Yoga Studio</i> 9:00 - 9:45	Combat Cardio° <i>Gym</i> 9:00 - 9:45	Hyrox Training° <i>Park</i> 9:00 - 9:45	Beg/Int Tennis:° Serve & Smash Drills 9:30 - 11:00	Easy Bike Ride 9:00 - 11:00	
					Yin Yoga° <i>Studio</i> 10:00 - 10:45	Slow° Pace Strength <i>Gym</i> 10:00 - 10:45	HIIT Cardio° <i>Park</i> 10:00 - 10:45			
					Aqua Aerobics° <i>Pool</i> 11:00 - 11:45	Breath Exploration Part 1° <i>Studio</i> 11:15 - 12:00		Adv Tennis:° The Serve 11:00 - 12:30		
12:00	Lunch** <i>Tasi</i> 12:00 - 15:00	Pop-Up Lunch* 13:00 - 15:00	BREAK					Pop-Up Spa** <i>Decks</i>		
15:00	Afternoon Bites* <i>Tasi</i> 15:30 - 18:00	Performance Wellbeing Session° <i>Yard Bar</i> 15:00 - 15:45	Slow Flow Yoga° <i>Yoga Deck</i> 16:00 - 16:45	Meditation Masterclass° <i>Studio</i> 16:00 - 16:45	Discover Your Inner Therapist° <i>Lawn</i> 15:00 - 15:45			10:00 - 18:00		
			Yin Yoga° <i>Yoga Deck</i> 17:00 - 17:45	Focus Your Mind & Fire Up The Body° <i>Studio</i> 17:00 - 17:45	Cardio Barre° & Burn <i>Gym</i> 17:00 - 17:45	Tennis:° Challenge Doubles 16:30 - 18:00		11:00 - 18:00		
19:00	Feast** <i>Courtyard</i> 19.45									

THURSDAY



FRIDAY

