

PACE

Programme



FOOD &
NUTRITION



FITNESS



WORKSHOPS
& TALKS



YOGA, PILATES,
BARRE
& MOVEMENT



MINDFULNESS
& WELLBEING



SPA &
WELLNESS

	FOOD & DRINK	WORKSHOPS	SWIM	STUDIO	YOGA DECK	CYCLING	TENNIS	GYM	LAWN	SPA
8:00	<i>Breakfast*</i> Tasi 8:00 - 10:45 Café Pop-Up ^o Pop-Up Kitchen 8:00 - 11:00 Hydration Station ^o Pool Bar 8:00 - 11:00 The Deli 8:00 - 12:00			Hips & Heart Flow Yoga Studio 8:15 - 9:00			Cardio Tennis <i>Peli Tennis Coach</i> 8:00 - 8:45	Slow-Pace Strength Gym 7:45 - 8:30	Form & Function Lawn 8:00 - 8:45	
9:00				Vinyasa Flow Yoga Studio 9:30 - 10:15	Playful Movement Yoga Deck 9:00 - 9:45	Mikro Nisi, Coffee & Volimes <i>Blue Ride</i> Bike Shed 8:30 - 10:30	Cardio Tennis <i>Peli Tennis Coach</i> 8:45 - 9:30	Functional Threshold Gym 9:00 - 9:45	Hill Sprints & Run Lawn 9:15 - 10:00	
10:00					Unlock Flow & Mobility Yoga Deck 10:15 - 11:00		Beg: Ground Stroke Drills 9:30 - 10:15	Cardio Endurance Gym 10:15 - 11:00	Tempo Sculpt Lawn 10:30 - 11:15	
11:00				Slow Flow Yoga Studio 10:45 - 11:30			Int: Ground Stroke Drills 10:15 - 11:00			
12:00				Yin Unwind Studio 12:00 - 12:45			Int: Ground Stroke Drills 11:00 - 11:45	Tempo Barre Gym 11:30 - 12:15		
13:00	<i>Lunch*</i> Tasi/ The Terraces 12:00 - 15:00 The Deli/ Mikro Nisi 12:00 - 15:00	Cold Water Therapy Courtyard 12:30 - 13:15	Swim: Beginners Pool 12:15 - 13:00				Adv: Topspin & Groundstroke Drills 11:45 - 12:45			
14:00			Breathing (1) Pool 13:15 - 14:00	Breath & Movement Studio 13:15 - 14:00				Slow-Pace Strength Gym 13:00 - 13:45		Massage* Decks 11:00 - 18:00
15:00		Coastal Canvas Art The Workshop 14:00 - 15:30	Body Position (2) Pool 14:15 - 15:00	Flowing with Breath Studio 14:30 - 15:15			Social Tennis <i>Peli Tennis Coach</i> 14:15 - 15:00	Sculpt Pilates Gym 14:30 - 15:15	Breathe & Flow Lawn 14:30 - 15:15	Reflexology* Decks 14:00 - 18:00
16:00		Radiant Skin Rituals The Yard Bar 15:30 - 16:30		Find Your Voice Studio 15:45 - 16:30	Restore & Reset Yoga Yoga Deck 16:00 - 16:45		Rusty Rackets <i>Peli Tennis Coach</i> 15:00 - 15:45			Sports Massage* Decks 14:00 - 18:00
17:00	<i>Aperitivo*</i> Mikro Nisi 15:00 - 18:30	Collage Journalling The Workshop 16:30 - 17:30	Performance Pool Training Pool 16:30 - 17:15	Sound Bath Studio 17:00 - 17:30	Grounded & Rooted Yoga Yoga Deck 17:15 - 18:00	Mikro Nisi, Coffee & Volimes <i>Blue Ride</i> Bike Shed 16:00 - 18:00	Beginners & Improvers <i>Peli Tennis Coach</i> 15:45 - 16:30	Stronger Woman Workout Gym 15:45 - 16:30	Fluid Groundwork Lawn 16:15 - 17:00	
18:00				Sound Bath Studio 18:00 - 18:30			Match Play & Social Mix 16:30 - 18:30	Stretch & Restore Barre Gym 17:00 - 17:45		
19:00	<i>Dinner*</i> The Deli 17:00 - 21:30 Mikro Nisi 18:30 - 22:00							Express Glutes & Abs Gym 18:00 - 18:30		
20:00			Opening Night Feast* Courtyard 19:30 - 22:00							
21:00										
22:00										

Sample

	FOOD & DRINK	WORKSHOPS	SWIM	STUDIO	YOGA DECK	CYCLING	TENNIS	GYM	LAWN	SPA
8:00	Breakfast* Tasi 8:00 - 10:45 Café Pop-Up ^o Pop-Up Kitchen 8:00 - 11:00	Cold Water Therapy Courtyard 10:00 - 10:45		Empowering Breath Studio 8:15 - 9:00		Volimes, Coffee & Beyond Red Ride Bike Shed 8:00 - 11:00	Cardio Tennis Peli Tennis Coach 8:00 - 8:45	Functional Threshold Gym 7:45 - 8:30	5km Run Club Meet at Lawn 8:00 - 8:45	Pop-Up Spa* Decks 10:00 - 18:00 Sports Massage* Decks 10:00 - 15:00 Massage* Decks 11:00 - 18:00 Acupuncture* Spa 12:00 - 15:00 18:00 - 21:00 Physio* Spa 15:00 - 19:00
9:00				Vinyasa Flow Yoga Studio 9:30 - 10:15			Cardio Tennis Peli Tennis Coach 8:45 - 9:30	Cardio Dance Fitness Gym 9:00 - 9:45	Mobility & Movement Lawn 9:15 - 10:00	
10:00							Adv: Volleys & Drive Volley 9:30 - 10:30	Slow-Pace Strength Gym 10:15 - 11:00	Tempo Sculpt Lawn 10:30 - 11:15	
11:00	Hydration Station ^o Pool Bar 8:00 - 11:00	Health Plan - Why & How The Yard Bar 11:15 - 12:00		Awaken Your Breath Studio 10:45 - 11:30	Playful Movement Yoga Deck 10:15 - 11:00		Int: Volleys & Net Play 10:30 - 11:15	Stronger Woman Workout Gym 11:15 - 12:00	Form & Function Lawn 11:45 - 12:30	
12:00	The Deli 8:00 - 12:00			Juicy Spinal Twists Yoga Studio 12:00 - 12:45			Int: Volleys & Net Play 11:15 - 12:00			
13:00	Lunch* Tasi/The Terraces 12:00 - 15:00	Kitchen Poster Print The Workshop 12:00 - 13:30	Performance Pool Training Pool 12:15 - 13:00				Beg: Volleys & Net Play 12:00 - 12:45		Breath & Body Exploration Lawn 13:00 - 13:45	
14:00			Breathing (1) Pool 13:15 - 14:00	Stretch & Restore Barre Studio 13:15 - 14:00						
15:00	Afternoon Bites* Tasi 15:00 - 18:00	Radiant Skin Rituals The Yard Bar 14:00 - 15:00	Body Position (2) Pool 14:15 - 15:00				Social Tennis Peli Tennis Coach 14:15 - 15:00			
16:00		Clean Beauty & Makeup The Yard Bar 15:30 - 16:30	Propulsion (3) Pool 15:15 - 16:00	Mobility & Movement Studio 15:00 - 15:45			Int: Ladies Tennis Peli Tennis Coach 15:00 - 15:45	Tone & Define Barre Gym 15:00 - 15:45	Unlock Flow & Mobility Lawn 14:30 - 15:15	
17:00							Beginners & Improvers Peli Tennis Coach 15:45 - 16:30			
18:00	Dinner* The Deli 17:00 - 21:30	Creative Writing Kickstart: Setting & Story Courtyard 16:30 - 18:00		Find Your Voice Studio 16:15 - 17:00	Slow Flow Yoga Yoga Deck 16:00 - 16:45	Mikro Nisi, Coffee & Volimes Blue Ride Bike Shed 16:00 - 18:00		Cardio Dance Fitness Gym 16:15 - 17:00		
19:00				Restorative Mat Pilates Studio 17:30 - 18:15	Restore & Reset Yoga Yoga Deck 17:15 - 18:00		Mix & Match Play 16:30 - 18:30	Tempo Barre Gym 17:30 - 18:15	A Hero's Journey Lawn 16:15 - 17:45	
20:00		Ultimate Guide: Better Sleep & Hormone Help Tasi 18:00 - 19:00								
21:00					Silent Disco Sound Bath Yoga Deck 19:15 - 20:15					
22:00		Paint Your Partner! The Yard Bar 20:30 - 21:45			Silent Disco Sound Bath Yoga Deck 21:30 - 22:30					

Sample