

Sports Program - week 40 (draft program, changes may occur, complete program presented at the hotel)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym	07:00-22:00	07:00-22:00	07:00-22:00	07:00-22:00	07:00-22:00	07:00-22:00
8:00	MORNING YOGA Theatre platform	MORNING YOGA Theatre platform	MORNING YOGA Theatre platform	MORNING MOBILITY Theatre platform	MORNING YOGA Theatre platform	MORNING MOBILITY Theatre platform
8:00			MORNING RUN 30 - 45 min Pool Bar		MORNING RUN 30 - 45 min Pool Bar	MORNING RUN 30 - 45 min Pool Bar
9:00						
9:00			MORNING SPIN Sign up in Sports Booking Mini fitness area			MORNING SPIN Sign up in Sports Booking Mini fitness area
10:00	FITNESS-X-WOD Sign up in Sports Booking WOD Box	HIT Theatre Platform	BOOTYBURN Theatre Platform	HIT/CORE Theatre Platform	CORE WOD BOX	TABATA Theatre Platform
10:30			10.30 OPEN WATER TO THE CAVE ISLAND 2k ALL LEVELS Sign up in Sports Booking Pool Bar		10.30 OPEN WATER TO THE CAVE ISLAND 2k ALL LEVELS Sign up in Sports Booking Pool Bar	
11:00	MORNING SPIN Sign up in Sports Booking Mini fitness area	CORE Theatre Platform	FOAM ROLLER Sign up in Sports Booking Theatre Platform	MOBILITY Theatre Platform	MOBILITY Theatre Platform	FOAM ROLLER Sign up in Sports Booking Theatre Platform
11:00		SOCIAL FOOTBALL Theatre Platform	SOCIAL FOOTBALL Theatre Platform		SOCIAL FOOTBALL Theatre Platform	
15:00		AQUA Pool	AQUA Pool	AQUA Pool	AQUA Pool	AQUA Pool
15:00		OPEN WATER CRAWL BEGINNER Sign up in Sports Booking Pool Bar	OPEN WATER SWIM CRAWL ENDURANCE Sign up in Sports Booking Pool Bar	OPEN WATER CRAWL BEGINNER Sign up in Sports Booking Pool Bar	OPEN WATER SWIM AROUND THE ISLAND EXPERT Sign up in Sports Booking Pool Bar	OPEN WATER CRAWL BEGINNER Sign up in Sports Booking Pool Bar
16:00	STRETCH & RELAX Theatre platform	SUPER CIRCUIT Theatre Platform	TABATA Theatre Platform	HIT Theatre Platform		BOOTYBURN WOD box
16:00					SPIN Sign up in Sports Booking Mini fitness area	SPIN Sign up in Sports Booking Mini fitness area
16:00		ENDRUANCE RUN 45 - 60 min Pool Bar	KING OF THE HILL Pool Bar	ENDRUANCE RUN 45 - 60 min Pool Bar	17.00 RUN DRILLS Pool Bar	
17:00	WELCOME MEETING Theatre platform	STRETCH AND RELAX Theatre platform	STRETCH AND RELAX Theatre platform	STRETCH AND RELAX Theatre platform	STRETCH AND RELAX Theatre platform	STRETCH AND RELAX Theatre platform
18:00		LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box	LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box
AFTER DARK	21.00 AFTER WORKOUT Pool bar	21.00 AFTER WORKOUT ( Happy Hour ) Pool bar	21.00 AFTER WORKOUT ( Happy Hour ) Pool bar	21.00 AFTER WORKOUT ( Happy Hour ) Pool bar	21.00 AFTER WORKOUT (Happy Hour) Pool bar	21.00 AFTER WORKOUT (Happy Hour) Pool bar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>bike</b>	<b>Free Ride @ The Bike Centre.</b> BLACK MTB 12KM BLUE MTB / ROAD 28KM	08.30 RED ROAD 35KM 15.00 GREEN MTB 7KM Sign up in Cycle Centre	08.30 RED ROAD 50KM 15.00 RED MTB 11KM Sign up in Cycle Centre	08.30 RED ROAD 45KM 15.00 BLUE MTB 15KM	08.30 RED MTB 40KM / BLUE ROAD 22KM 15.00 GREEN BIYAK (BIKE & KAYAK 7KM ) Sign up in Cycle Centre	08:00 - BLACK ROAD 70KM EARLIER START. 15:00 BLUE MTB / ROAD 28KM
<b>Waterfront</b>	<b>Free Paddle @ The Beach</b>	09:45 Kayak Coffee (Kayak into Sivota) 15:00 Intro to Paddleboarding Waterfront Waterski/Wakeboard BOOK at SKI Pontoon 08.00 - 14.00 & 14:00 – 16:30	09:30 Sea Kayak - Agios Nikolaos 15:00 Paddleboard Goat Island Waterski/Wakeboard BOOK at SKI Pontoon 08.00 - 14.00 & 14:00 – 16:30	9.45 Kayak Blue Lagoon 15:00 BIYAK (BIKE AND KAYAK) - BOOK AT BIKE CENTRE (Waterfront ) Waterski/Wakeboard BOOK at SKI Pontoon 08.00 - 14.00	09:30 Sea Kayak - Mega Ammos and Mikri Ammos 15:30 SUP and Run Waterfront Waterski/Wakeboard BOOK at SKI Pontoon 08.00 - 14.00	9:45 Kayak Coffee (Kayak into Sivota) 15:00 Paddleboard Butterfly Beach Waterfront Waterski/Wakeboard BOOK at SKI Pontoon 08.00 - 14.00
<b>Padel</b>		13.00 SOCIAL PADEL BEGINNER 14.00 SOCIAL PADEL INTERMEDIATE Sign up in Sports booking	13.00 SOCIAL PADEL BEGINNER 14.00 SOCIAL PADEL INTERMEDIATE Sign up in Sports booking		13.00 SOCIAL PADEL BEGINNER 14.00 SOCIAL PADEL INTERMEDIATE 19.00 SOCIAL PADEL (ALL LEVELS) Sign up in Sports booking	13.00 SOCIAL PADEL BEGINNER 14.00 SOCIAL PADEL INTERMEDIATE 19.00 SOCIAL PADEL (ALL LEVELS) Sign up in Sports booking
<b>Tennis</b>	<b>Free Tennis @ The Tennis Courts</b>	11:00 - 12:00 Red and Black Tennis 12:00 - 13:00 Blue and Green Tennis  16:00 – 18:00 Social Tennis	09:30– 10:30 Blue and Green Tennis 10:30 - 11:30 Red and Blue Super Drills 15:00 - 16:00 ** extra charge  16:00 – 18:00 Social Tennis	09:30– 10:30 Blue and Green Tennis 10:30 - 11:30 Red and Blue Super Drills 15:00 - 16:00 ** extra charge  16:00 – 18:00 Social Tennis	09:30– 10:30 Blue and Green Tennis 10:30 - 11:30 Red and Blue Super Drills 15:00 - 16:00 ** extra charge  16:00 – 18:00 Social Tennis	08:30 Tennis Tournament Red/ Black 10:30 Tennis Tournament Green / Blue uper Drills 15:00 - 16:00 ** extra charge  16:00 – 18:00 Social Tennis

**Redmarks** require pre booking at Sports booking. Classes with **Bluemarks** are with our guestinstructors. Please be aware that all instructions are in English and activities or use of facilities is at your own responsibility. Run is adjusted after level of the group, it dosen't matter if your are beginner or high level, there is room for everyone. Social padel tennis and tennis sessions is between approx 45-50 min.

Meeting area stated on each class  
Aqua and water polo are held at the main pool

Sunday
07:00-22:00
MORNING MOBILITY Theatre platform
MORNING RUN 30 - 45 min Pool Bar
MORNING SPIN Sign up in Sports Booking Mini fitness area
CORE Theatre Platform
10.30 OPEN WATER CRAWL BEGINNER Sign up in Sports Booking Pool Bar
HIT Theatre Platform
OPEN WATER SWIM CRAWL ENDURANCE Sign up in Sports Booking Pool Bar
SUPER CIRCUIT Theatre Platform
AQUATHLON Pool Bar
STRETCH AND RELAX Theatre platform
LATE NIGHT FITNESS-X-WOD Sign up in Sports Booking WOD Box
20.00 PADEL TOURNAMENT PADEL COURTS

Sunday

08.00 RED ROAD HILL CLIMB 20  
15.00 GREEN MTB 11km  
Sign up in Cycle Centre

09:45 Paddleboard Games 15:00 Sea Kayak -  
Mavros Oras Caves and Blue Lagoon  
Water sports station  
Waterski/Wakeboard BOOK at SKI Pontoon  
08.00 - 14.00

13.00 SOCIAL PADEL BEGINNER  
14.00 SOCIAL PADEL INTERMEDIATE

Free Play 07:00 - 22:00