

FITNESS PROGRAMM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45 – 9:00 SUNRISE YOGA	7:45 – 9:00 MORNING YOGA FLOW	7:45 – 9:00 SUNRISE YOGA	7:45 – 9:00 MORNING YOGA FLOW	7:45 – 9:00 SUNRISE YOGA	7:45 – 9:00 SUNRISE YOGA
9:15 – 10:15 PILATES	9:15 – 10:15 PILATES	9:15 – 10:15 BOOTY & ABS	9:15 – 10:15 PILATES	9:15 – 10:15 FUNCTIONAL TRAINNING	9:15 – 10:15 PILATES
17:30 – 18:30 STRTCHING & CORE	17:30 – 18:30 FUNCTIONAL TRAINING	17:30 – 18:30 STRTCHING & CORE	17:30 – 18:30 BOOTY & ABS	17:30 – 18:30 PILATES	17:30 – 18:30 STRETCHING & CORE
18:45 – 20:00 SUNSET YOGA & MEDITATION	18:45 – 20:00 SUNSET YOGA & MEDITATION	18:45 – 20:00 SUNSET YOGA & MEDITATION	18:45 – 20:00 SUNSET YOGA & MEDITATION	18:45 – 20:00 SUNSET YOGA & MEDITATION	18:45 – 20:00 SUNSET YOGA & MEDITATION



Domes Novos Santorini

AUTOGRAPH COLLECTION®
HOTELS