



### Sports Sessions Program Domes of Corfu 25.10 - 31.10.21

	<b>Monday</b> <i>Training Day</i>	<b>Tuesday</b> <i>Training Day</i>	<b>Wednesday</b> <i>Recovery Day</i>	<b>Thursday</b> <i>Training Day</i>	<b>Friday</b> <i>Recovery Day</i>	<b>Saturday</b>	<b>Sunday</b> <i>Training Day</i>
<b>7:30-8:15</b>	*Sunrise Yoga&Meditation		*Sunrise Yoga&Meditation		*Sunrise Yoga&Meditation		
<b>8:45-9:30</b>	Muscle Strength (upper body)		*Pilates		*Pilates		
<b>10:00-11:00</b>	FreeDOME	Personal Training	*Coaches Choice	Personal Training	*Coaches Choice		
<b>11:30-12:30</b>	♦Trad. Greek Games	♦Teenagers Beach Games	♦Heroes Training (Kids Yoga)	♦Trad. Greek Games	♦Heroes Training (Kids Yoga)		*Yoga Flow
<b>13:00-13:30</b>	Core Challenge	H2dOmes	Stretching & Mobility	H2dOmes	Stretching & Mobility		
<b>14:00-15:00</b>	*Yoga Flow	*Pilates	*Restorative Yoga	*Pilates	*Restorative Yoga		♦Trad. Greek Games
<b>15:30-16:30</b>		Muscle Strength (lower body)		Muscle Strength (upper body)			
<b>17:00-18:00</b>		*Yoga Flow		*Yoga Flow			

\*All Yoga sessions, Pilates & Coaches Choice sessions are free of charge

♦ All kids' sports activities are free of charge

All the other kind of sessions are charged with 20 EUR per person and session

Personal Training: 50 EUR for one person / 60 EUR for 2 persons

Meeting point: inside the indoor training center (next to the SPA)

Sessions can take place inside the indoor training center, on the beach or in the garden

**Kindly note that all sessions (except for the kids' sports sessions) require a pre-booking (24 -hours prior) at the Front Desk!**