



DOMES OF CORFU

Sports Sessions Program 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45 - 8:30	Sunrise Yoga&Meditation	Sunrise Yoga&Meditation	Sunrise Yoga&Meditation	Sunrise Yoga&Meditation	Sunrise Yoga&Meditation		
9:00 - 10:00	Functional Training	Pilates Mat Magic Circle	Bodyweight Functional Training	Pilates Mat Ball	Functional Training		
11:00 - 12:00	Kids Gymnastics	Kids Yoga	Kids Obstacle Run	Kids Sports Fun Games	Kids Yoga		
13:30 - 14:30	Pilates Mat Towel	Core strength	Restorative Yoga/ Deep Stretch	Abs & Glutes	Power Yoga		
15:30 - 16:30							Pilates Mat
17:00 - 18:00							Mobility
18:30-19:30							Sunset Flow Yoga

Additional Information for sports sessions:

- Sessions need a pre-booking at the Spa Reception, online or with the Fitness Trainer
- Morning Yoga Sessions on the beach are free of charge, other adults' sports sessions have a charge of 10,00 Euros per session
- Meeting point is in front the Spa/Gym Building (except for the kids' sports sessions, where we meet in front the Kids Club)
- Personal Trainings can be arranged with the Fitness Trainer (1 Person: 50,00 Euros, 2 Persons: 60,00 Euros)