



**DOMES OF CORFU**

### Sports Sessions Program 2023

	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	Functional Training Bodyweight	Mobility Training	Strength & Cardio Beach Workout		
10:30 - 11:30	Teens Pilates	Kids Yoga		Pilates Ball			
12:30 - 13:30	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training		Yoga Stretch
14:00 - 15:00		Yoga easy Flow	Pilates Deep Core	Restorative Yoga	Pilates Ring		Pilates towel
17:00 - 18:00							Kids Sports Games
18:30-19:30							Sunset Yoga

#### Additional Information for sports sessions:

- All sessions need a pre-booking at the Spa Reception, online or with the Fitness Trainer
- Meeting point for all adults' sessions is in front of the Spa/Gym Building
- Meeting point for the kids & teenagers' sessions is next to the Beach Bar
- Kids sessions can be attended from 7-12 years old, Teens sessions from 13-17 years old.
- Come 5 minutes prior your session, duration of group sessions might differ between 45 – 60 minutes; maximum spots:8
- Sessions prices:
  - Charge free: Sunrise & Sunset Yoga sessions (yellow color) & kids & teenagers' sessions (lilac color).
  - The other group sessions are charged with 10,00 € per person.
  - Personal Trainings (blue color) fee: 1 Person: 50,00 Euros & 2 Persons: 60,00 Euros; during indoor personal training sessions the gym is blocked.