

Monday

SPORTS & MEDITATION

ROUTINE



08.00 | 09.00
HATHA YOGA | FITNESS CENTER

10.00 | 11.00
STRETCHING | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
HIT CARDIO | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

15.00 | 16.00
YIN YOGA | FITNESS CENTER

15.30 | 16.30
DART | NEXT TO MANGIARE

15.45 | 16.45
CROSS FIT | FITNESS CENTER

16.30 | 17.30
BEACH VOLLEYBALL | BEACH



Tuesday

SPORTS & MEDITATION

ROUTINE



08.00 | 09.00
HATHA YOGA | FITNESS CENTER

10.00 | 11.00
PILATES | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
CRUNCH | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

15.00 | 16.00
YIN YOGA | FITNESS CENTER

15.30 | 16.30
DART | NEXT TO MANGIARE

15.45 | 16.45
CIRCLE FIT | FITNESS CENTER

16.30 | 17.30
BEACH VOLLEYBALL | BEACH



Wednesday

SPORTS & MEDITATION

ROUTINE



08.00 | 09.00
HATHA YOGA | FITNESS CENTER

10.00 | 11.00
STRETCHING | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
CORE TRAINING | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

15.00 | 16.00
YIN YOGA | FITNESS CENTER

15.30 | 16.30
DART | NEXT TO MANGIARE

15.45 | 16.45
FUNCTIONAL TRAINING | FITNESS CENTER

16.30 | 17.30
BEACH VOLLEYBALL | BEACH



Thursday

SPORTS & MEDITATION

ROUTINE

ETHNO
BELEK

08.00 | 09.00
HATHA YOGA | FITNESS CENTER

10.00 | 11.00
PILATES | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
HIT CARDIO | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

15.00 | 16.00
YIN YOGA | FITNESS CENTER

15.30 | 16.30
DART | NEXT TO MANGIARE

15.45 | 16.45
TOTAL BODY W. | FITNESS CENTER

16.30 | 17.30
BEACH VOLLEYBALL | BEACH

Friday

SPORTS & MEDITATION

ROUTINE



08.00 | 09.00
HATHA YOGA | **FITNESS CENTER**

10.00 | 11.00
STRETCHING | **FITNESS CENTER**

10.15 | 11.15
BOCCIA | **NEXT TO MANGIARE**

11.00 | 11.45
CORE TRAINING | **FITNESS CENTER**

11.30 | 12.30
BEACH VOLLEYBALL | **BEACH**

12.00 | 13.00
MARTIAL ARTS | **FITNESS CENTER**

15.00 | 16.00
YIN YOGA | **FITNESS CENTER**

15.30 | 16.30
DART | **NEXT TO MANGIARE**

15.45 | 16.45
FATBURN W. | **FITNESS CENTER**

16.30 | 17.30
BEACH VOLLEYBALL | **BEACH**



Saturday

SPORTS & MEDITATION

ROUTINE

ETHNO
BELEK

08.00 | 09.00
HATHA YOGA | FITNESS CENTER

10.00 | 11.00
PILATES | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
CRUNCH | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

15.00 | 16.00
YIN YOGA | FITNESS CENTER

15.30 | 16.30
DART | NEXT TO MANGIARE

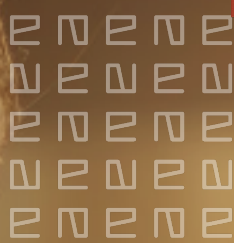
15.45 | 16.45
FULL BODY W. | FITNESS CENTER

16.30 | 17.30
BEACH VOLLEYBALL | BEACH

Sunday

SPORTS & MEDITATION

ROUTINE



08.00 | 09.00
HATHA YOGA | FITNESS CENTER

10.00 | 11.00
STRETCHING | FITNESS CENTER

10.15 | 11.15
BOCCIA | NEXT TO MANGIARE

11.00 | 11.45
HIT CARDIO | FITNESS CENTER

11.30 | 12.30
BEACH VOLLEYBALL | BEACH

12.00 | 13.00
MARTIAL ARTS | FITNESS CENTER

15.00 | 16.00
YIN YOGA | FITNESS CENTER

15.30 | 16.30
DART | NEXT TO MANGIARE

15.45 | 16.45
CIRCLE FIT | FITNESS CENTER

16.30 | 17.30
BEACH VOLLEYBALL | BEACH



PILATES REFORMER

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Pilates Reformer seansları randevu dahilindedir ve saati 60 €'dur. Rezervasyon yaptırmak için Fitness Merkezimizle iletişime geçebilirsiniz.

Pilates Reformer sessions are available by appointment and cost €60 per hour. You can contact our Fitness Centre to make a booking.

Pilates-Reformer-Trainings sind nach Vereinbarung möglich und kosten 60 € pro Stunde. Um einen Termin zu vereinbaren, wenden Sie sich bitte an unser Fitnesscenter.

Занятия пилатесом проводятся по предварительной записи и стоят 60 евро за час. Чтобы записаться, пожалуйста, свяжитесь с нашим фитнес-центром.

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