

Welcome!

Hello and welcome to **Sivota Retreat - powered by Playitas!** We are delighted to have you and hope you'll have an amazing experience here. We are proud to be a sports hotel, offering a wide range of sporting activities to suit all levels, as well as plenty of opportunities to relax and recover! From fitness classes, running & swimming to padel and water sports, we have it all here!

With plenty to do both in the hotel and in the local area, you're sure to have an amazing holiday experience here at Sivota Retreat. Within this welcome pack you will find all the information you need regarding all of the activities and services we offer, but don't worry, if you have any questions our team will be happy to help.

We look forward to seeing you out on the various classes.

Have fun,

The Sports Team

FITNESS CLASSES

In order to participate in our activities please note that you may have to book in advance. Our schedule is color coded, indicating if pre-booking is required or not. **You can only pre-book for your own room, and if you have kids under 15 in another room.**
Please Cancel your booking at least 2 hours before the class starts.

Color codes:

- **Black** – All activities in black do not require pre-booking. Simply arrive at the designated location on time.
- **Blue** – This indicates that the activity will be with one of our many guest instructors we will be hosting. No pre-booking required.
- **Blue** and **Red** – This is held by our guest instructor for the week and pre-booking is required.
- **Red** – All events in red print must be pre-booked and can only be booked **1 day in advance.**
- **Green** - Activities that are child & family friendly.
- **Purple** – Pre-booked groups. It is not possible to attend/book these classes.

WHERE TO FIND YOUR CLASS

With beautiful scenery and great weather here at Sivota Retreat, we host our fitness classes and activities outdoors, with several training areas around the hotel. Where to find your class location will be indicated on the activity boards.

WOD Box

Our CrossFit and functional classes will generally be at our WOD box, located behind the sport shop. This will be indicated as follows: @WOD Box

Theatre Platform / Mini Fitness

Many of our classes such as Yoga, dancing and core-classes will be held at our Theatre Platform and Mini Fitness, located below the pool bar. This will be indicated as follows: @Theatre Platform and @ Mini Fitness.

Spinning Room

Our spin classes take place inside the indoor Spinning room under the pool, an area located to the right of the theatre platform. It will be indicated as follows: @ Spinning Room.

Multicourt

Our social classes will be held at the multicourt, which you find if you follow the road behind the sports shop until the end. This will be indicated as follows @ Multicourt.

Pontoon & Watersports pontoon

Facing the Theatre Platform you'll get to the pontoon if you walk down the stairs in the left corner of the theatre. If you take left when the stairs split you will see the watersports pontoon, if you take right you will come to the pontoon where we have our swim classes.

Bike Center Opening Times:

Monday: Closed

Tuesday - Wednesday: 8.00-12.00, 16.00-18.00

Thursday: 8.00-11.00, 16.00-18.00

Friday - Sunday: 8.00-12.00, 16.00-18.00

If you would like to join one of our guided rides, please book in the Bike Center one day in advance **before 12.00**. When you book a ride, our guides will help you choose the right bike, adjust it to your liking and chose a helmet! When the day comes for your ride, please show up at the time stated in the boards and we aim to leave the hotel within 30 min.

Different rides:

- **Black** – Challenging rides for enthusiast riders. Tough climbs, tricky sections and a chance to really push yourself.
- **Red** – Sporty rides that require more effort. Rewarding routes that show off the best of our local cycling.
- **Blue** – Moderate rides that venture a little further afield – usually including some gentle climbs
- **Green** - Gentle rides, ideal for beginners or relaxed exploring

IMPORTANT!!

On our **Red** and **Black** routes, it is important that you have some experience with cycling. Both for your own sake and for the sake of the other guests. The terrain is very hilly and although it may not seem like long trips compared to what you are used to from home, it is significantly harder as there are hardly any flat sections.

It is also very IMPORTANT to have water and some form of energy with you. This can be gels, bananas, energy powder, sweets or other forms of carbohydrates.

Guided bike tours are included in your holiday. If you want to go out and experience the area on your own, you have the option of renting a bike (E-Bike) for €25 per day, or €115 for 6 days. Speak with our guides in the bike center.

Water Sports

SUP and Kayak Renting Opening Times:

10.00 - 17.00

Book SUP & kayak trips in the sport shop.

The SUPs and Kayaks are free of charge for **1 hour** and you find them down at our pontoon, which is located below theatre platform. To access this, use the stairs in the left-hand corner of the Theatre platform area, when facing the sea.

IMPORTANT INFORMATION REGARDING KAYAK & SUP-BOARDS!!

If you have no experience with kayaking or SUP-Boards, then it is a good idea to try it before you sign up for our excursions. The excursions take one hour, and it is important that you have some experience so that we can reach the places we are going on the excursions.

FREE LOAN OF KAYAK & SUP-BOARDS

You can come and borrow kayaks/SUP boards **COMPLETELY** free of charge during the beach's opening hours. You can borrow them for 1 hour at a time. In other words, you are not allowed to kayak/SUP-board away for longer than 1 hour.

GUEST INSTRUCTOR THIS WEEK

Workout Week with Johanna Prim



About Johanna Prim

This weeks guest instructor is full of energy, and has more than 8 years of experience within Group Training. She is certified in seven Les Mills concept, and loves to share her passion for training with her participants. With a big smile on her face and a lot of energy, she will make sure to help you get the most out of every class. We are convinced you will leave the class sweaty & with a smile!

Classes with Johanna

- 🌀 LES MILLS BODY BALANCE
- 🚴 LES MILLS SPRINT
- 🏋️ LES MILLS STRENGTH DEVELOPMENT
- 🏋️ STRENGTH & CARDIO



SPORTS PROGRAM

MONDAY 16TH of SEPTEMBER

MORNING

08.00 STRETCH @ Theatre Platform with EMMA

09.00 SPINNING @ Spinning Room with EMMA

11.00 CORE @ Mini Fitness with EMMA

AFTERNOON

16.00 X-WOD @ WOD Box with AGNES

17.00 STRETCH @ WOD Box with AGNES

ADDITIONAL CLASSES

PADEL

BIKE

Closed on Mondays.

If you would like to book a tour, please go to the Sports Shop.

WATERSPORTS

OPEN 10.00 – 17.00 @ Watersports Beach



SPORTS PROGRAM

TUESDAY 17TH of SEPTEMBER

MORNING

07.30 30min MORNING STRETCH @ Theatre Platform with
MARIANNE

08.00 YOGA @ WOD Box with AGNES

09.00 X-WOD @ WOD Box with AGNES

10.00 LES MILLS BODYSTEP @ Mini Fitness with JOHANNA

10.00 KETTLEBELL @ WOD Box with AGNES

10.00 HIIT-STRENGTH @ Mini Fitness with EMMA

11.00 BOOTY & CORE @ Mini Fitness with EMMA

AFTERNOON

14.00 AQUA @ Pool with MADELEN

16.00 CARDIO ATTACK @ Mini Fitness with JENNA

16.00 30min CORE @ WOD Box with MADELEN

17.00 30min STRETCH & RELAX @ WOD Box with JENNA

17.00 SPINNING (Les Mills RPM) @ Spinning Room with
EMMA

17.00 LES MILLS STRENGTH DEVELOPMENT @ Mini
Fitness with JOHANNA

17.00 SOCIAL FOOTBALL @ Multit court with MARIANNE

18.00 PUMP & SWEAT @ Mini Fitness with EMMA

18.00 YOGA @ WOD Box with MARIANNE

ADDITIONAL CLASSES

PADEL / TENNIS

12.00 PADEL BEGINNER @ Padel Courts with KALLE

13.00 PADEL EXPERIENCED @ Padel Courts with KALLE

18.00 SOCIAL PADEL @ Padel Courts with KALLE

19.00 SOCIAL PADEL @ Padel Courts with KALLE

TENNIS

BIKE

08.30 ● ROAD TO PERDIKA (ROAD/GRAVEL)

(See bike center boards for more information)

***Keep in mind that we might change
the routes because of the weather!***

WATERSPORTS

OPEN 10.00 – 17.00 @ Watersports Beach

14.00 SUP AROUND GOAT ISLAND (2,2km)



SPORTS PROGRAM

WEDNESDAY 18TH of SEPTEMBER

MORNING

07.30 30min MORNING STRETCH @ Theatre Platform with

MARIANNE

08.00 LES MILLS BODY BALANCE @ Mini Fitness with

JOHANNA

08.30 5km RUN @ Poolbar with METTE

09.00 CIRCUIT @ WOD Box with EMMA

09.00 TABATA @ Mini Fitness with MARIANNE

10.00 FITNESS BOXING @ Mini Fitness with EMMA

10.00 ZUMBA @ WOD Box with MADELEN

11.00 LES MILLS BODYATTACK @ Mini Fitness with

JOHANNA

AFTERNOON

15.00 AQUA FITNESS @ Pool with JENNA

16.00 PILATES - HIIT @ WOD Box with MADELEN

16.00 CORE @ Mini Fitness with EMMA

17.00 SOCIAL FOOTBALL @ Multi court with JONAS

17.00 X-WOD / TEAM WOD @ WOD Box with ELLEN

17.00 SPINNING @ Spinning Room with MADELEN

18.00 30min STRETCH @ Mini Fitness with JENNA

18.00 LES MILLS BODYCOMBAT @ Mini Fitness w. EMMA

18.00 YOGA @ WOD Box with MARIANNE

ADDITIONAL CLASSES

PADEL

12.00 PADEL BEGINNER @ Padel Courts with KALLE

13.00 PADEL EXPERIENCED @ Padel Courts with KALLE

19.00 SOCIAL PADEL EXPERIENCED @ Padel Courts with

KALLE

TENNIS

08.00 BEGINNER @ Tennis Court with CHRISTOFFER

09.00 EXPERIENCED @ Tennis Court w. CHRISTOFFER

10.00 SOCIAL TENNIS @ Tennis Court w. CHRISTOFFER

16.00 SOCIAL TENNIS @ Tennis Court with MARIANNE

BIKE

08.30 ● Parga Push (ROAD/GRAVEL)

(See bike center boards for more information)

Keep in mind that we might change the routes because of the weather!

WATERSPORTS

OPEN 10.00 – 17.00 @ Watersports Beach

09.00 KAYAK TO BLUE LAGOON (3,8km)

14.00 SUP AROUND GOAT ISLAND (2,2km)



SPORTS PROGRAM

THURSDAY 19TH of SEPTEMBER

MORNING

07.30 30min MORNING STRETCH @ Theatre Platform with JONAS

08.00 LES MILLS BODY BALANCE @ Theatre Platform with JOHANNA

09.00 X-WOD @ WOD Box with AGNES

09.00 HIIT @ Mini Fitness with JONAS

10.00 SPINNING @ Spinning room with HELEN

10.00 BOOTY & LEGS @ WOD Box with MADELEN

11.00 WEIGHTLIFTING @ WOD Box with AGNES

11.00 PILATES @ Mini Fitness with MADELEN

11.00 POOL VOLLEY @ Pool with JONAS

AFTERNOON

14.00 AQUA @ Pool with MADELEN

16.00 CIRCUIT @ Mini Fitness with MARIANNE

17.00 30min STRETCH & RELAX @ Mini Fitness with JONAS

17.00 X-WOD TEAM WOD @ WOD Box with ELLEN

18.00 LES MILLS BODYATTACK @ Mini Fitness with JOHANNA

18.00 YIN YOGA @ WOD Box with AGNES

ADDITIONAL CLASSES

PADEL / TENNIS

12.00 PADEL BEGINNER @ Padel Courts with KALLE

13.00 PADEL EXPERIENCED @ Padel Courts with KALLE

19.00 SOCIAL PADEL EXPERIENCED @ Padel Courts with KALLE

TENNIS

WATERSPORTS

OPEN 10.00 – 17.00 @ Watersports Beach

09.00 KAYAK TO BLUE LAGOON (3,8km)

14.00 SUP AROUND GOAT ISLAND (2,2km)

BIKE

10.00  Camping Sofas (MTB)

(See bike center boards for more information)

Keep in mind that we might change the routes because of the weather!

REDMARKS require pre booking @ sports booking. Classes with **BLUEMARKS** are with our guest instructors **GREENMARKES** classes are kids or family friendly classes. Classes marked in **PURPLE** are pre-booked groups that it is not possible to register for.



SPORTS PROGRAM

FRIDAY 20TH of SEPTEMBER

MORNING

07.30 30min MORNING STRETCH @ Theatre Platform with

MADELEN

08.00 YOGA @ WOD Box with AGNES

08.00 5km RUN @ Poolbar with FREDERIK

09.00 LES MILLS BODYSTEP @ Theatre Platform with

JOHANNA

09.00 X-WOD @ WOD Box with AGNES

10.00 PUMP & SWEAT @ Mini Fitness with EMMA

10.00 CARDIO ATTACK @ WOD Box with JENNA

11.00 LES MILLS GRIT STRENGTH @ Mini Fitness with

JOHANNA

AFTERNOON

15.00 AQUA @ Pool with JENNA

16.00 CIRCUIT @ WOD Box with AGNES

16.00 30min CORE @ Mini Fitness with MADELEN

17.00 SPINNING @ Spinning Room with EMMA

17.00 X-WOD/TEAM WOD @ WOD Box with AGNES

17.00 30min STRETCH & RELAX @ Mini Fitness with

MADELEN

17.00 SOCIAL FOOTBALL @ Multicourt with MARIANNE

18.00 FITNESS BOXING @ Mini Fitness with EMMA

18.00 YOGA @ WOD Box with MARIANNE

ADDITIONAL CLASSES

PADEL / TENNIS

12.00 PADEL BEGINNER @ Padel Courts with KALLE

13.00 PADEL EXPERIENCED @ Padel Courts with KALLE

14.00 SOCIAL PADEL EXPERIENCED @ Padel Courts with

KALLE

19.00 SOCIAL PADEL @ Padel Courts with KALLE

TENNIS

08.00 BEGINNER @ Tennis Court with CHRISTOFFER

09.00 EXPERIENCED @ Tennis Court w. CHRISTOFFER

10.00 SOCIAL TENNIS @ Tennis Court w. CHRISTOFFER

BIKE

08.30 ● Tina's ROAD (ROAD/GRAVEL)*

(See bike center boards for more information)

Keep in mind that we might change the routes because of the weather!

WATERSPORTS

OPEN 10.00 – 17.00 @ Watersports Beach

09.00 KAYAK TO BLUE LAGOON (3,8km)

14.00 SUP AROUND GOAT ISLAND (2,2km)



SPORTS PROGRAM

SATURDAY 21TH of SEPTEMBER

MORNING

07.30-08.30min MORNING STRETCH @ Theatre Platform with MARIANNE

08.00 LES MILLS BODY BALANCE @ Theatre Platform with JOHANNA

08.00 SWIM & STRETCH @ Pontoon with JENNA

09.00 X-WOD @ WOD Box with AGNES

09.00 LES MILLS BODYCOMBAT @ Mini Fitness w. EMMA

10.00 WEIGHTLIFTING @ WOD Box with AGNES

10.00 BOOTY & LEGS @ Mini Fitness with MADELEN

10.00 SPINNING (Les Mills Sprint) @ Spinning Room w. JOHANNA

11.00 HIIT STRENGTH @ Mini Fitness with EMMA

AFTERNOON

13.00 POOL VOLLEY @ Pool with MARIANNE

14:00 AQUA @ Pool with MARIANNE

16.00 CIRCUIT @ WOD Box with JENNA

16.00 LES MILLS BODY ATTACK @ Mini Fitness with JOHANNA

17.00 X-WOD TEAM WOD @ WOD Box with AGNES

17.00 TABATA @ Mini Fitness with MADELEN

18.00 YIN YOGA @ WOD Box with AGNES

ADDITIONAL CLASSES

PADEL / TENNIS

12.00 PADEL BEGINNER @ Padel Courts with KALLE

13.00 PADEL EXPERIENCED @ Padel Courts with KALLE

19.00 SOCIAL PADEL @ Padel Courts with KALLE

TENNIS

17.00 SOCIAL TENNIS @ TENNIS Courts w. MARIANNE

BIKE

08.30 ● Mazarakia Mountains (ROAD)

(See bike center boards for more information)

Keep in mind that we might change the routes because of the weather!

WATERSPORTS

OPEN 10.00 – 17.00 @ Watersports Beach

09.00 KAYAK TO BLUE LAGOON (3,8km)

14.00 SUP AROUND GOAT ISLAND (2,2km)



SPORTS PROGRAM

SUNDAY 22TH of SEPTEMBER

MORNING

07.30 30min MORNING STRETCH @ Theatre Platform with

JENNA

08.00 YOGA @ Theatre Platform with JENNA

09.00 ZUMBA @ WOD Box with MADELEN

09.00 LES MILLS BODYSTEP @ Mini Fitness with JOHANNA

10.00 X-WOD @ WOD Box with AGNES

10.00 PUMP & SWEAT @ Mini Fitness with EMMA

11.00 MOBILITY @ Mini Fitness with AGNES

AFTERNOON

14.00 AQUA @ Pool with JENNA

15.00 POOL VOLLEY @ Pool with JONAS

16.00 30min CORE @ Theatre Platform with MADELEN

16.00 LES MILLS GRIT STRENGTH @ Mini Fitness with
JOHANNA

17.00 X-WOD / TEAM WOD @ WOD Box with AGNES

17.00 SPINNING @ Spinning Room with EMMA

17.00 30min STRETCH & RELAX @ Mini Fitness with
JONAS

18.00 FITNESS BOXING @ Mini Fitness with EMMA

ADDITIONAL CLASSES

PADEL / TENNIS

12.00 PADEL BEGINNER @ Padel Courts with KALLE

13.00 PADEL EXPERIENCED @ Padel Courts with KALLE

19.00 SOCIAL PADEL EXPERIENCED @ Padel Courts with
KALLE

TENNIS

08.00 BEGINNER @ Tennis Court with CHRISTOFFER

09.00 EXPERIENCED @ Tennis Court w. CHRISTOFFER

10.00 SOCIAL TENNIS @ Tennis Court w. CHRISTOFFER

BIKE

08.30 ● K-LOOP (ROAD/GRAVEL)

(See bike center boards for more information)

**Keep in mind that we might change the routes
because of the weather!**

WATERSPORTS

OPEN 10.00 – 17.00 @ Watersports Beach

14.00 SUP AROUND GOAT ISLAND (2,2km)

REDMARKS require pre booking @ sports booking. Classes with **BLUEMARKS** are with our guest instructors **GREENMARKES** classes are kids or family friendly classes. Classes marked in **PURPLE** are pre-booked groups that it is not possible to register for.

CLASS DESCRIPTION

LES MILLS BODYCOMBAT (45-55min)

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

LES MILLS RPM (40-55min) SEP

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. RPM® is the indoor cycling workout where you take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

SWIM & STRETCH (40-55min)

Wi swim to the "Goat Island", here we will do some stretching before swimming back. It's a nice way to start the day, with some light swimming and stretching, and you will for sure enjoy it.

BODYWORK (30-40min)

Here we combine body weight, muscle endurance, cardio and plyometric movements to music. Everything is bodyweight and everyone can join. - to powerfull music!

Yin yoga

Slow paced, relaxing, seated sequenced yoga class with focus a lot on meditation. Postures are being held for a longer periods of time (between 1-5 minutes).

Power yoga

Dynamic, lengthening and strengthening yoga class that involves classic yoga poses combined with strength.

Vinyasa yoga

Dynamic flow yoga, where the poses are linked together creating a flow-based yoga style. Using your breath to move in between the poses.

Hatha

Slower paced yoga class which focuses on balance within the body. Poses are held for longer to create stamina and flexibility.

Intermediate vinyasa

More advanced style of the vinyasa flow sequence. Where the poses are linked together making a flow-based sequence. Using your breath to move between the poses.

CLASS DESCRIPTION

YOGA (45-55min)

Yoga involves a series of postures, stretching and strengthening in combination with breathing and meditation techniques.

CORE (30-45min)

An all-abs workout! We target all our core muscles during this class!

BOOTY (30-45min)

A workout focused on our lower body that involves a lot of squatting, jumping and booty bands.

X-WOD (45-55min)

Crossfit-inspired class that includes exercises with barbells, kettlebells, bodyweight, gymnastics etc. We often start with strength and finish the class with a high intensity workout. All the exercises can be adapted to fit your fitness level.

FOAMROLLER (30-45min)

A self-massage class, releasing tension and increasing blood flow to the muscles.

SPINNING (40-55min)

Indoor cycling/Spinning - if you like the burning feeling in your legs and the sweat dripping, this is the class for you.

FITNESS BOXING (45-55min)

Here is the focus on technique in the different punches before we are moving on working with gloves and mits.

MOBILITY MOVEMENT (30-45min)

We are taking care joints in this class where we focus on our full range of motion and slow and controlled movements. Like a stretch class - for your joints!

HIIT (30-45min)

High Intensity Interval Training – can be for strenght or conditioning.

KETTLEBELL INTRO (45-55min)

A class where the focus is on the technique in the most common kettlebell exercises.

KETTLEBELL WORKOUT (45-55min)

A workout only with kettlebell- and bodyweight exercises!

RUNNING DRILLS (30-45min)

Drills and exercises designed to improve your running technique.

MORNING STRETCH (30-45min)

A great way to start your day with slow movements and stretches!

BOOTY & CORE (30-45min)

Why go to booty and core when you can get both in this class?

FULL BODY CIRCUIT Station-based workout with or without equipment designed to build your muscles and get you stronger!

OLYMPIC WEIGHTLIFTING (45-55min)

A technique and strength class in the Olympic lifts: snatch and clean & jerk. We only work with barbells in this class.

PUMP & SWEAT (40-50min)

A fast-paced, barbell-based workout that's specifically designed to help you get lean, toned, and fit, but most important – IT'S FUN! It uses a combination of motivating music and fantastic instructors.

STRETCH & RELAX (30-45min)

Come join this calming and relaxing stretch class. A good way to end the day after workouts or after a day at the beach.

Private lessons

If you are interested in private lessons, please speak to sport shop or reception to see if we can arrange it for you.

Padel lessons
Kayak-/SUP tours
Bike tours

Tennis & Padel

Book courts in the sport shop during sport shop opening hours. Book in reception outside of sport shop opening hours.

To book a private lesson please book either in the sport shop or with our coaches directly!

Tennis & Padel – Social and Tuition	free
Rent of Padel Court + Rackets (balls for purchase € 10)	€ 20 /h
Rent of Tennis Court + Racket (balls for deposit € 10)	€ 10/h
Private Tennis Coach	€ 45/h

Free Wi-Fi

Network: Retreat hotel

Password: **ilovesivota**

Program & Class Description



RACES & TOURNAMENTS

PADEL TOURNAMENT

One of the most popular things throughout the week is our Padel Tournament. We will do I Ameracano style, and everyone can join no matter what level you are.

AQUATHLON

A short and sweet run-swim-run race starting in the pool bar, up to tennis court, down to the pontoon for a fast swim, up to the tennis again and finish in the pool bar! The aquathlon race is an epic test of speed, endurance, and resilience – a thrilling combination of land and water that will leave you exhilarated and hungry for more!

X-WOD CHALLENGE

Attention all x-fit warriors and fitness fanatics! We're thrilled to invite you to an electrifying competition that will test your strength, endurance, and mental fortitude like never before. Get ready to tackle intense workouts, conquer challenging obstacles, and push your limits alongside like-minded people. Chalk up those hands, and join us for some tough workouts. We can't wait to see you there!

FOOTBALL TOURNAMENT

Lace up your shoes and get ready to unleash your inner soccer superstar at this fun and friendly soccer tournament of the week!

*Sign up in sports booking
Not all the races will be available every week – check the activity boards*