

porto myrina powered by play area	Sports Program -Sample		Sports Program -Sample		Sports Program -Sample		Sports Program -Sample		Sports Program -Sample	
	Gym	Sunday 07:00-22:00	Monday 07:00-22:00	Tuesday 3 07:00-22:00	Wednesday 07:00-22:00	Thursday 07:00-22:00	Friday 07:00-22:00	Saturday 07:00-22:00		
08:00	Arrival Day	MORNING MOBILITY @ Pink Platform	MORNING MOBILITY @ Pink Platform	MORNING YOGA @ Pink Platform	MORNING YOGA @ Pink Platform	MORNING MOBILITY @ Pink Platform	MORNING MOBILITY @ Pink Platform			
08:00		9:30 WELCOME MEETING ! @Pool Bar (For Sunday's late arrivals)	POWERWALK TO MYRINA CASTLE @Meet at reception	MORNING RUN @Meet at the reception	FITNESS-X-WOD @WOD Box Sign up	POWERWALK @Meet at reception				
09:00		FITNESS-X-WOD @WOD Box Sign up	FITNESS-X-WOD @WOD Box Sign up	FITNESS-X-WOD @WOD Box Sign up	POWERWALK @Meet at reception	FITNESS-X-WOD @WOD Box Sign up	FITNESS-X-WOD @WOD Box Sign up			
09:00		PILATES @Multicourt	TABATA @Pink Platform	BOOTY BURN @Multicourt	HEALTHY BACK @Multicourt	STABILITY, BALANCE & STRENGTH @Multicourt	STEP BASIC @Pink Platform			
09:00		9.30 EASY MORNING RUN @Meet at reception	RUNNING TECHNIQUE @Multicourt	POWER CIRCUIT @WOD Box	CARDIO CIRCUIT @Pink Platform	RACE RUN TO THE HILL @Meet at Small Pink Platform	9.30 EASY MORNING RUN @Meet at reception			
10:00		CORE @Multicourt	FUNCTIONAL @Helipad	POWERWALK @Meet at reception	FUNCTIONAL CROSS TRAINING @Wod Box	MOBILITY @ Multicourt	CICRUIT @Helipad			
10:00		BOOTY BURN @Wod Box	INDOOR SPIN @Indoor Studio	HIIT CORE @Multicourt	SOCIAL FOOTBALL @Multicourt	STRENGTH CIRCUIT @Small Pink Platform				
11:00		BOOTCAMP @Pink Platform	FITNESS BOXING @Multicourt	HIIT CORE @Helipad	ABS ATTACK @Wod Box	HEALTHY SHOULDERS @Multicourt	MOBILITY @Multicourt			
11:00		INDOOR SPIN @Indoor Studio		DANCE FITNESS @Pink Platform	12.00 OLYMPIC WEIGHLIFTING @WOD Box Sign up in Sportshop	INDOOR SPIN @Indoor Studio				
15:00	15:00 WELCOME MEETING! @Pool Bar		AQUA FITNESS @ Pool	AQUA FITNESS @ Pool	AQUA FITNESS @ Pool	AQUA FITNESS @ Pool	AQUA HIIT @ Pool			
15:00		14.00 AQUA @ Pool	SOCIAL BASKETBALL @Multicourt	SOCIAL FOOTBALL @Multicourt	15.30 INDOOR SPIN @Indoor Studio					
16:00		SOCIAL BASKETBALL @Multicourt	TABATA @Pink Platform	CARDIO ATTACK @Multicourt	TABATA @Pink Platform	BOOTY BURN @Pink Platform	SOCIAL FOOTBALL @Multicourt			
16:00	CORE @WOD Box	UPPERBODY @Multicourt	LOWERBODY TRAINING @WOD BOX	16.30 INDOOR SPIN @Indoor Studio	FITNESS-X-WOD @WOD Box Sign up	16.30 AQUATHLON RACE @Pool				
17:00		FITNESS-X-WOD @WOD Box Sign up	HIIT @Multicourt	FITNESS-X-WOD @WOD Box Sign up	LOWERBODY @MULTICOURT	FITNESS BOXING @Multicourt				
17:00		SOCIAL FOOTBALL @Multicourt			CARDIO HIIT @WOD BOX	FITNESS-X-WOD @WOD Box Sign up	FUNCTIONAL @ Multicourt			
17:00	FUNCTIONAL @Multicourt	EASY EVENING RUN @Meet at reception	EASY RUN @Meet at reception		BEAST XWOD COMPETITION! @WOD Box		INDOOR SPIN @Indoor Studio			
18:00			FOAM ROLLER @WOD Box	18.00 SUNSET FITNESS-X-WOD @WOD Box Sign up in Sportshop		FOAM ROLLER @Multicourt	FOAM ROLLER @Multicourt			
18:00	STRETCH & RELAX @ Pink Platform	STRETCH & RELAX @ Pink Platform	STRETCH & RELAX @ Pink Platform	STRETCH & RELAX @ Pink Platform	STRETCH & RELAX @ Pink Platform	STRETCH & RELAX @ Pink Platform	STRETCH & RELAX @ Pink Platform			
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Gravel Bike		08:30 Bike Ride 33k Gravel foundation Sign-up at cycle center	08:30 Bike Ride 20K Easy Rise 'n' Spin	09:00 Bike Ride 46km Advanced Gravel Ride Sign-up at cycle center	08:30 Bike Ride 35k Road Hilly Fun	08:30 Bike Ride 40k Pyramid Ride Sign-up at cycle center	09:00 Bike Ride 20K Easy Rise 'n' Spin Sign-up at cycle center			
Racket Sports (Tennis/ Pickleball)		11.00 Social Tennis	11.00 Social Pickleball	11.00 Social Tennis	11.00 Social Pickleball	11.00 Social Tennis	11.00 Social Pickleball			
Padel		10:00 Try Padel 11.00 Beginners Lesson 16.00 Intermediate Lesson 17.00 Social Padel @ Padel Courts	11.00 Intermediate Lesson 16.00 Beginner Lesson 17.00 Social Padel @ Padel Courts	10.00 Beginners Lesson 11.00 Intermediate Lesson 17.00 Social Padel @ Padel Courts	10.00 Intermediate Lesson 11.00 Beginner Lesson 17.00 Social Padel @ Padel Courts	10:00 Beginners Lesson 11.00 Intermediate Lesson 17.00 Social Padel @ Padel Courts	10.00 Beginner Lesson 11.00 Intermediate Lesson 17.00 Padel TOURNAMENT @ Padel Courts			
Swim lessons			10:00-11:00 Beginners Crawl @ Pool		10:00-11:00 Intermediate Crawl @ Pool	10:00-11:00 Beginners Crawl @ Pool				
WaterSports Station		10:00- 16:30 Kayak & SUP Rental 11.00 Kayak Easy Small Tour @ Beach Station	10:00- 16:30 Kayak & SUP Rental 10.30 Kayak Easy Small Tour 15.30 SUP Intro @ Beach Station	10:00- 16:30 Kayak & SUP Rental 15.30 SUP Intro @ Beach Station	10:00- 16:30 Kayak & SUP Rental 10.30 Kayak Discovery long tour 14.30 SUP Intro @ Beach Station	10:00- 16:30 Kayak & SUP Rental 11:00 Kayak Easy Small Tour 14.30 SUP Intro @ Beach Station	10:00- 16:30 Kayak & SUP Rental 10.00 SUP Intro 12:00 Kayak Easy Small Tour 15.00 SUP Intro @ Beach Station			

Program is subject to changes.
Redmarks require pre booking at Sports booking or reception.
Please be aware that all instructions are in English and activities or use of facilities is at your own responsibility.
Run is adjusted after level of the group.
Last time to sign up for the gravel bike tour is 12.00 the day before. Social padel tennis and tennis sessions is between approx 45-50 min.

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This is the online version of the sportsprogram, you will always find the last updated version onsite