

sivota retreat play it 4x		Sports Program -Sample	Sports Program -Sample	Sports Program -Sample	Sports Program -Sample	Sports Program -Sample	Sports Program -Sample	Sports Program -Sample
	Gym	Monday 07:00-22:00	Tuesday 07:00-22:00	Wednesday 07:00-22:00	Thursday 07:00-22:00	Friday 07:00-22:00	Saturday 07:00-22:00	Sunday 07:00-22:00
	08:00	Arrival Day	MORNING YOGA @ Theatre Platform	MORNING MOBILITY @ Theatre Platform	MORNING YOGA @ Theatre Platform	MORNING YOGA @ Theatre Platform	MORNING MOBILITY @ Theatre Platform	MORNING YOGA @ Theatre Platform
	08:00	MORNING STRETCH @Mini Fitness		POWERWALK @Meet outside Reception	MORNING RUN @Meet outside Reception		POWERWALK @ Meet at reception	
	09:00	INDOOR SPIN @ Indoor Studio	FITNESS-X-WOD @WOD Box Sign up	FITNESS-X-WOD @WOD Box Sign up	FITNESS-X-WOD @WOD Box Sign up	FITNESS-X-WOD @ WOD Box Sign up	FITNESS-X-WOD @ WOD Box Sign up	FITNESS-X-WOD @WOD Box Sign up
	09:00		HIIT - STRENGTH @Mini Fitness	BOOTY & CORE @Mini Fitness	EASY AEROBIC @ Theatre Platform	BODY WORK @Mini Fitness	BALANCE @ Theatre Platform	HIIT - STRENGTH @Mini Fitness
	10:00		KETTLEBELL @Wod Box	CIRCUIT @Mini Fitness	HIIT CARDIO @Mini Fitness	PUMP & SWEAT @Mini Fitness	WEIGHTLIFTING @ WOD Box Sign up	KETTLEBELL @Wod Box
	10:00		CORE @Mini Fitness	INDOOR SPIN @Indoor Studio	WEIGHLIFTING @WOD Box	KETTLEBELL @ WOD Box	INDOOR SPIN @ Indoor Studio	CORE @Mini Fitness
	11:00	CORE @Mini Fitness	EASY AEROBIC @Mini Fitness	PILATES @ Theatre Platform	BOOTY & CORE @Mini Core	MOBILITY @ Wod Box	HIIT STRENGTH @Mini Fitness	EASY AEROBIC @Mini Fitness
	11:00		CIRCUIT @Wod Box	RUNNING TECHNIQUE @ Multicourt	DANCE FITNESS @Pink Platform	POOL VOLLEY @ Pool		CIRCUIT @ Wod Box
	14:00		POOL VOLLEY @ Pool		POOL VOLLEY @ Pool		POOL VOLLEY @ Pool	POOL VOLLEY @ Pool
	15:00		AQUA DANCE @ Pool	AQUA FITNESS @ Pool	AQUA DANCE @ Pool	AQUA FITNESS @ Pool	AQUA FITNESS @ Pool	AQUA DANCE @ Pool
	16:00		SOCIAL BASKETBALL @ Multicourt	PILATES HIIT @ WOD Box	CARDIO ATTACK @ Multicourt	TABATA @Mini Fitness	CIRCUIT @ WOD Box	SOCIAL BASKETBALL @ Multicourt
	16:00		PUMP & SWEAT @Mini Fitness	CORE @Mini Fitness	16.30 INDOOR SPIN @ Indoor Studio	CORE @ WOD Box Sign up	AQUATHLON RACE @ Pool	PUMP & SWEAT @Mini Fitness
	17:00	FITNESS-X-WOD @ WOD Box Sign up	FITNESS-X-WOD @ WOD Box Sign up	FITNESS-X-WOD - TEAM WOD @ WOD Box Sign up	FITNESS-X-WOD @ WOD Box Sign up	CIRCUIT @Mini Fitness		FITNESS-X-WOD @ WOD Box Sign up
	17:00		SOCIAL FOOTBALL @ Multicourt	SOCIAL BASKETBALL @ Multicourt		X-WOD COMPETITION! @ WOD Box	FITNESS-X-WOD @ WOD Box Sign up	SOCIAL FOOTBALL @ Multicourt
	17:00		EASY EVENING RUN @ Meet at reception		SOCIAL FOOTBALL @ Multicourt		PILATES @ Theatre Platform	EASY EVENING RUN @ Meet at reception
	18:00			FOAM ROLLER @ WOD Box		FITNESS BOXING @Mini Fitness		
	18:00	STRETCH & RELAX @Mini Fitness	STRETCH & RELAX @Mini Fitness	STRETCH & RELAX @Mini Fitness	STRETCH & RELAX @Mini Fitness	STRETCH & RELAX @Mini Fitness	YIN YOGA @Mini Fitness	STRETCH & RELAX @Mini Fitness
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Bike		08:30 Road/Gravel Bike Ride Road to Perdika (Easy Route) Sign-up at cycle center	08:30 Road/Gravel Bike Ride Parga Push (Advanced Route) Sign-up at cycle center	10:00 Mountain Bike Ride Camping Sofas (Easy Route) Sign-up at cycle center	08:30 Road/Gravel Bike Ride Tina's Road (Intermediate Route) Sign-up at cycle center	08:30 Road Bike Ride Mazarakia Mountains (Advanced Ride) Sign-up at cycle center	08:30 Road/Gravel K- Loop (Intermediate Route) Sign-up at cycle center
	Racket Sports (Tennis/ Pickleball)		11.00 Social Tennis	11.00 Social Tennis	11.00 Social Tennis	11.00 Social Tennis	11.00 Social Tennis	11.00 Social Tennis
	Padel		08:00 Try Padel -First time ever! 09.00 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 Experienced @ 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 Swim & Stretch @ Pontoon	10:00-11:00 Swim & Stretch @ Pontoon		10:00-11:00 Swim & Stretch @ Pontoon	
	WaterSports Station	10:00-17:00 Kayak & SUP Rental	10:00- 16:30 Kayak & SUP Rental 11:00 SUP around GOAT ISLAND (2,2km)	10:00- 16:30 Kayak & SUP Rental 10:00 Kayak 2hrs to Blue Lagoon (3,8km) 14:00 SUP around GOAT ISLAND (2,2km)	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 @ Beach Station	10:00- 16:30 Kayak & SUP Rental 11:00 Kayak Easy Small Tour @ Beach Station	10:00- 16:30 Kayak & SUP Rental 10.00 SUP Intro 11:00 SUP around GOAT ISLAND@ 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.

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