

## Animation Program

ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ	ΚΥΡΙΑΚΗ
7.00 – 8.30 <b>HIKING</b>	7.00 – 8.30 <b>HIKING</b>	<i>OLYMPUS</i> <b>HIKING</b>	7.00 – 8.30 <b>HIKING</b>	7.00 – 8.30 <b>HIKING</b>	7.00 – 8.30 <b>HIKING</b>	8.30 – 9.00 <b>PILATES</b> (beach deck)
8.30 – 9.00 <b>STRETCHING</b> (beach deck)	8.30 – 9.00 <b>YOGA</b> (beach deck)	10.00 – 10.30 <b>ABS &amp; HIPS</b> (gym)	8.30 – 9.00 <b>PILATES</b> (beach deck)	8.30 – 9.00 <b>STRETCHING</b> (beach deck)	8.30 – 9.00 <b>YOGA</b> (beach deck)	10.00 – 10.30 <b>ABS &amp; HIPS</b> (gym)
10.00 – 10.30 <b>ABS &amp; HIPS</b> (gym)	10.00 – 10.30 <b>FUNCTIONAL TRAINING</b> (gym)	10.30 – 13.00 <b>POOL GAMES</b>	10.00 – 10.30 <b>FUNCTIONAL TRAINING</b> (gym)	10.00 – 10.30 <b>ABS &amp; HIPS</b> (gym)	10.00 – 10.30 <b>FUNCTIONAL TRAINING</b> (gym)	10.30 – 13.00 <b>POOL GAMES</b>
10.30 – 13.00 <b>POOL GAMES</b>	10.30 – 13.00 <b>POOL GAMES</b>	12.00 – 12.30 <b>STRONGMAN COMPETITION</b> (beach deck)	10.30 – 13.00 <b>POOL GAMES</b>	10.30 – 13.00 <b>POOL GAMES</b>	10.30 – 13.00 <b>POOL GAMES</b>	12.00 – 12.30 <b>AQUA BIKE</b> (pool bar)
13.00 – 13.45 <b># SPECIAL CLASS #</b> <b>CARDIO BITS</b> (gym)	12.00 – 12.30 <b>AQUA ZUMBA</b> (pool bar)	13.00 – 13.45 <b># SPECIAL CLASS #</b> <b>KICK &amp; FUN</b> (gym)	12.00 – 12.30 <b>AQUA BIKE</b> (pool bar)	13.00 – 13.45 <b># SPECIAL CLASS #</b> <b>LET'S DANCE</b> (gym)	12.00 – 12.30 <b>AQUA ZUMBA</b> (pool bar)	13.00 – 13.45 <b># SPECIAL CLASS #</b> <b>TOTAL BODY</b> (gym)
<b>14.00 – 17.00</b> <b>PING PONG / DARTS / BOCCIA / CHESS</b> (pool bar) <b>PERSONAL TRAINING ON DEMAND</b> (gym)						
17.00 – 18.30 <b>BASKET/SOCCER</b>	17.00 – 18.30 <b>ARCHERY</b>	17.00 – 19.00 <b>BEACH VOLLEY TOURNAMENT</b>	17.00 – 18.30 <b>ARCHERY</b>	17.00 – 18.30 <b>BASKET/SOCCER</b>	17.00 – 18.30 <b>ARCHERY</b>	17.00 – 18.30 <b>ARCHERY</b>
18.30 – 19.00 <b>PILATES</b> (deck)				18.30 – 19.00 <b>PILATES</b> (deck)	17.00 – 19.00 <b>BEACH VOLLEY</b>	18.30 – 19.00 <b>STRETCHING</b> (deck)