

TRAINING DESCRIPTIONS

Morning Yoga Flow

Start your day with a gentle, energizing yoga flow. This session focuses on mindful breathing, flexibility, and strength, setting a calm and positive tone for the day ahead.

Pilates

Build core strength, improve posture, and increase flexibility in this full-body workout. Pilates focuses on controlled movements to sculpt and tone your body, with a special emphasis on the abdominals and lower back.

Beach Power Yoga

Feel the power of the waves as you flow through a dynamic yoga practice on the beautiful Glyfada Beach. This class combines strength and flexibility, challenging your body and mind while you enjoy the natural surroundings.

Hiit Beach Bootcamp

Get your heart pumping with this high-intensity interval training session right on the beach. A mix of cardio, strength, and agility exercises designed to challenge your fitness and boost your metabolism.

Sunset Yoga

Unwind as the sun sets over the Ionian Sea. This relaxing yoga session focuses on deep stretching, breathing, and mindfulness, perfect for releasing stress and rejuvenating both body and mind.

Booty & Abs

Target your glutes and abs in this fun and effective workout. Through a combination of bodyweight exercises, squats, and core-strengthening movements, you'll sculpt and tone your lower body and mid-section.

Stretching & Core

Focus on flexibility and core strength with a combination of deep stretching and targeted core exercises. This class is perfect for improving mobility and strengthening your abdominals and lower back. These classes will be held at the luxurious Domes of Corfu, on the stunning Glyfada Beach, offering the perfect blend of relaxation and fitness in a serene coastal setting.



DOMES MIRAMARE
CORFU