

# FITNESS PROGRAMM

## MONDAY

7:30 – 8:15  
HATHA YOGA

8:30 – 9:15  
PILATES

11:00 – 11:45  
STRENGTH & CONDITIONING

17:30 – 18:15  
FLEXIBILITY STRECHING

## TUESDAY

7:30 – 8:15  
SUNRISE PILATES

8:30 – 9:15  
HATHA YOGA

10:30 – 11:15  
FUNCTIONAL TRAINING

17:15 – 18:00  
VINYASHA YOGA

## WEDNESDAY

7:30 – 8:15  
HATHA YOGA

8:30 – 9:15  
PILATES

11:00 – 11:45  
STRENGTH & CONDITIONING

17:30 – 18:15  
MOBILITY

## THURSDAY

7:30 – 8:15  
SUNRISE PILATES

8:30 – 9:15  
HATHA YOGA

10:30 – 11:15  
FUNCTIONAL TRAINING

17:15 – 18:00  
VINYASHA YOGA

## FRIDAY

7:30 – 8:15  
HATHA YOGA

8:30 – 9:15  
PILATES

11:00 – 11:45  
STRENGTH & CONDITIONING

17:30 – 18:00  
FLEXIBILITY STRECHING

## SATURDAY

09:00 – 09:45  
FUNCTIONAL TRAINING

13:30 – 14:15  
GLUTS & ABS

16:15 – 17:00  
VINYASHA YOGA

\* The Group Classes cost 10€ per person per lesson & a reservation is required



DOMES ZEEN  
OHANIA-ORETE