



DOMES OF CORFU

AUTOGRAPH COLLECTION[®]
HOTELS

FITNESS PROGRAM 2023

MONDAY

07:45 - 08:30
SUNRISE YOGA & MEDITATION

09:00 - 10:00
FUNCTIONAL TRAINING

10:30 - 11:30
TEENS PILATES

12:30 - 13:30
PERSONAL TRAINING

TUESDAY

07:45 - 08:30
SUNRISE YOGA & MEDITATION

09:00 - 10:00
PILATES MAT

10:30 - 11:30
KIDS YOGA

12:30 - 13:30
PERSONAL TRAINING

14:00 - 15:00
YOGA EASY FLOW

WEDNESDAY

07:45 - 08:30
SUNRISE YOGA & MEDITATION

09:00 - 10:00
**FUNCTIONAL TRAINING
BODYWEIGHT**

12:30 - 13:30
PERSONAL TRAINING

14:00 - 15:00
PILATES DEEP CORE

THURSDAY

07:45 - 08:30
SUNRISE YOGA & MEDITATION

09:00 - 10:00
MOBILITY TRAINING

10:30 - 11:30
PILATES BALL

12:30 - 13:30
PERSONAL TRAINING

14:00 - 15:00
RESTORATIVE YOGA

FRIDAY

07:45 - 08:30
SUNRISE YOGA & MEDITATION

09:00 - 10:00
**STRENGTH & CARDIO
BEACH WORKOUT**

12:30 - 13:30
PERSONAL TRAINING

14:00 - 15:00
PILATES RING

SATURDAY



SUNDAY

12:30 - 13:30
YOGA STRETCH

14:00 - 15:00
PILATES TOWEL

17:00 - 18:00
KIDS SPORTS GAMES

18:30 - 19:30
SUNSET YOGA

ADDITIONAL INFORMATION FOR SPORTS SESSIONS:

All sessions need a pre-booking at the Spa Reception, online or with the Fitness Trainer.

- > Meeting point for all adults' sessions is in front of the Spa/Gym Building.
- > Meeting point for the kids & teenagers' sessions is next to the Beach Bar.
- > Kids sessions can be attended from 7-12 years old, Teens sessions from 13-17 years old.
- > Please come 5 minutes prior your session, duration of group sessions might differ between 45 – 60 minutes; maximum spots:8
- > **Sessions prices:**
 - o Charge free: Sunrise Yoga morning session and kids & teenagers' sessions.
 - o The other group sessions are charged with 10,00 € per person.
 - o Personal Trainings fee: 1 Person: 50,00 Euros & 2 Persons: 60,00 Euros; during indoor personal training sessions the gym is blocked.



DOMES