



Weekly Wellness Activities at Elounda Mare

	09:00
MONDAY	Body Balance & Vinyasa Yoga
WEDNESDAY	Hatha Yoga
THURSDAY	Chi Yoga
FRIDAY	Pilates

Notes:

All fitness services are on a complimentary basis.
Maximum participation: 10 people.
Pre bookings should be done via spa front desk or hotel reception.
Meeting point: At the swimming pool of Elounda Mare. Yoga sessions will be taking place at a grass terrace with wonderful views of the Mirabello bay.
Equipment: Sunscreen, Comfortable clothes.
You can purchase Yoga apparel and Sportswear in the Retail area of Six Senses Spa.

Weekly Wellness Activities at Six Senses Spa

	09:00
TUESDAY	Pilates Circuit training
SATURDAY	Pilates Strength training
SUNDAY	Abs, glutes and tums

Meeting point: Six Senses Spa