

FITNESS CLASSES & LEISURE PROGRAMME



Week: 25/05/2026 - 31/05/2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 A.M	Full Body Stretching with Maria (45 minutes)	Core Workout with Maria (45 minutes)	5km running/walking Meeting point: East Wing entrance Starts at 8 AM	Core Workout with Maria (45 minutes)	Padel Introduction (45minutes)		REST DAY
10:00 A.M	Glutes & ABS with Maria (45 minutes)	Full Body Workout with Maria (45minutes)	Archery Meeting point: Spa reception	Pilates with Natalie (60 minutes)	Full Body Workout with Maria (45minutes)	Pilates with Natalie (60 minutes)	REST DAY
11:00 A.M	Aqua Gym with Maria (45 minutes)	Aqua Gym with Maria (45 minutes)	Yoga with Agnes (75 minutes) Starts at 11.15AM	Aqua Gym with Maria (45 minutes)	Aqua Gym with Maria (45 minutes)		REST DAY
3:15 P.M	Upper Body with Maria (45 minutes)		Full Body Stretching with Maria (45 minutes)		Full Body Stretching with Maria (45 minutes)		REST DAY
4:00 P.M	Kundalini Yoga with Hazel (75 minutes)	Gym Training with Maria (45 minutes)		Gym Training with Maria (45 minutes)			REST DAY

All classes require booking and are subject to availability.

The meeting point for all classes is Spa Reception. Late show ups to yoga classes will not be accepted. The minimum age for the Spa Fitness classes is 16. To ensure the safety of all participants, our fitness instructors reserve the right to discern whether someone can participate or not. Guests participating in any of the sports& leisure activities do so at their own risk.



COLUMBIA[®]
BEACH RESORT PISSOURI BAY

30th of May

MEDITERRANEAN BUFFET

at

Cape Aspro Restaurant

6:30 - 10:00 P.M

Live entertainment

Guitar Duo

€ 50 per adult

€25 per child under 12 yo



COLUMBIA®
BEACH RESORT PISSOURI BAY



31st of May

ITALIAN BUFFET

at

Cape Aspro Restaurant

6:30 - 10:00 P.M

Live entertainment









Pianist

€ 50 per adult
€25 per child under 12 yo



RESTAURANTS SCHEDULE

Opening Hours: **Monday** 25-May **Tuesday** 26-May **Wednesday** 27-May **Thursday** 28-May **Friday** 29-May **Saturday** 30-May **Sunday** 31-May

Opening Hours:	Monday 25-May	Tuesday 26-May	Wednesday 27-May	Thursday 28-May	Friday 29-May	Saturday 30-May	Sunday 31-May
BACCHUS RESTAURANT Buffet Breakfast: 07:00-10:30 Dinner: 18:30-22:00 	Breakfast: Open	Breakfast: Open	Breakfast: Open	Breakfast: Open	Breakfast: Open	Breakfast: Open until 11:00	Breakfast: Open until 11:00
APOLLO TAVERN: Lunch: 12:00-17:00 Dinner: 18:00-22:30 	Lunch: Open Dinner: Open	Lunch: Open Dinner: Open	Lunch: Open Dinner: Open	Lunch: Open Dinner: Open	Lunch: Open Dinner: Open	Lunch: Open Dinner: Open	Lunch: Open Dinner: Open
CAPE ASPRO RESTAURANT: Breakfast: 07:00-10:30 Dinner: 18:30-22:00 	closed	closed	closed	closed	closed	Breakfast: Open until 11:00	Breakfast: Open until 11:00
EROS BAR 09:00-24:00 Snack menu 12:00-22:30 	Open	Open	Open	Open	Open	Open	Open
OUZERI BAR 11:00-23:30 	Open	Open	Open	Open	Open	Open	Open
OLD CUSTOMS SUSHI BAR 14:00-23:00 Sushi available 14:00-21:00 	Open	Open	Open	Open	Open	Open	Open
CAPE ASPRO POOL BAR 11:00-18:00 	closed	closed	Open	Open	Open	Open	Open
POSEIDON POOL & BEACH 11:00-19:00 Snack menu 12:00-16:30 	Open	Open	Open	Open	Open	Open	Open

The Resort reserves the right to change above operating hours and entertainment program. We warmly recommend reserving a time slot at dinner for a smooth dining experience.
 Last order at Apollo Taverna: 22:30hrs / Last order at Cape Aspro: 22:00hrs / In Room dining is available 24 hrs.



Activity Programme for Children

Aged 4 - 12 years



WEEK COMMENCING: 25.05.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION 10:00-13:00	F A	Fun Straw Art	Adventure Play Outdoors	Planet Protectors' Crafts	Adventure Play Outdoors	Spring Memories Picture Frames	Outdoor Adventure Activities
	M J	Who AM I? Let's play guess who!	Little Makers Creative Pop up Cards	Rolling Stars Strike - Spin and Smile	Floral Lantern Crafting	UNO FLIP Battle Card Game	March Mandalas for Everyone!
LUNCH SESSION 13:00-15:00	L Y	LUNCH SESSION	LUNCH SESSION	LUNCH SESSION	LUNCH SESSION	LUNCH SESSION	LUNCH SESSION
		Seaside Walk & Discover	May Flower Crown	Vase of Blooming Creations	Create Your Bright Bracelets	Seaside Walk & Discover	Colorful Mosaic Creations
AFTERNOON SESSION 15:00-18:00	D A	Spring Rock Art	Tiny Toes, Big Moves	Snacky Nutty Challenge Board Game	PUZZLE Masters	Spring Rock Art	Lego Building Projects
	Y * Closed	Tower of Fun Build the Tower Challenge	Let's Dance	LEGO world Creations	UNO FLIP Battle Card Game	The Great Marble Game	Marble Racing Game

All activities are subject to change and are optional

Activity Programme for Children

Aged 4 - 47 months



WEEK COMMENCING: 25.05.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION 10:00-13:00	F A	Rainbow Paper Bracelets	Outdoor Playground Fun	Planet Friendly Crafts	Outdoor Playground Fun	Spring Picture Frames	Outdoor Playground Fun
	M J	Pom - Pom Zoo Creations	Spring Pop Card Creations	Floral Shiny Lanterns	Shape and Color Fun !	Little Artists Chalk Time	Mix & Match Art
LUNCH SESSION 13:00-15:00	L Y	LUNCH SESSION	LUNCH SESSION	LUNCH SESSION	LUNCH SESSION	LUNCH SESSION	LUNCH SESSION
		Seaside & Playground Playtime	Magic Blooms Workshop	Design your own Flower Crown	Bead Charm Making	Once Upon a Time Hour	Almond Tree Straw ART !
AFTERNOON SESSION 15:00-18:00	D A	Little Hands, Happy Stones	PUZZLE challenge	Chalkboard Prewriting Activities	Blooming Holiday Card	Letter arts and crafts	The Market Playhouse *Role play
	Y * Closed	Tiny Builders Block Play	Little LEGO masters	Once Upon A time.... Story time	Sensory Discovery Time	Little LEGO masters	Little LEGO masters