FITNESS CLASSES & LEISURE PROGRAMME

Week: 18/05/2026 - 24/05/2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 A.M	**Upper body** 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)	**Core Workout** with Maria (45 minutes)	REST DAY
10:00 A.M	**Core Workout** 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)	**Circuit Training** with Maria (45 minutes)	REST DAY
11:00 A.M	**Aqua Gym** with Maria (45 minutes)	**Aqua Gym** with Maria (45 minutes)	**Yoga** with Victoria (75 minutes) Starts at 11.15AM	**Aqua Gym** with Maria (45 minutes)	**Aqua Gym** with Maria (45 minutes)	**Aqua Gym** with Maria (45 minutes)	REST DAY
3:15 P.M	**Yoga** with Victoria (75 minutes)		**Full Body Stretching** with Maria (45 minutes)	**Glutes & ABS** with Maria (45 minutes)	**Gym Training** with Maria (45 minutes)	REST DAY	REST DAY
4:00 P.M		**Gym Training** with Maria (45 minutes)		**Full Body Stretching** with Maria (45 minutes)		REST DAY	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.

RESTAURANTS SCHEDULE

COLUMBIA®
BEACH RESORT PISSOURI

Opening Hours:	Monday 18-May	Tuesday 19-May	Wednesday 20-May	Thursday 21-May	Friday 22-May	Saturday 23-May	Sunday 24-May
Buffet **Breakfast:** 07.00-10.30 **Dinner:** 18:30-22:00 BACCHUS	**Breakfast**: Open	**Breakfast**: Open	**Breakfast**: Open	**Breakfast**: Open	**Breakfast**: Open **Dinner**: Open ***Lucio***	Breakfast: Open until **11:00** **Dinner**: Open ***Marios Piano***	Breakfast: Open until **11:00**
Lunch: 12:00-17:00 **Dinner:** 18:00-22:30 APOLLO TAVERNA	**Lunch**: Open **Dinner:** Open	**Lunch**: Open **Dinner:** Open	**Lunch**: Open **Dinner:** Open ***Lucio***	**Lunch**: Open **Dinner:** Open	**Lunch**: Open **Dinner:** Open ***Panikos & Stathis Duo***	**Lunch**: Open **Dinner:** Open	**Lunch**: Open **Dinner:** Open ***Panikos & Stathis Duo***
EROS BAR 09:00-24:00 **Snack menu** 12:00-22:30	Open	Open	Open	Open	Open	Open	Open
	Happy Hour 20:00-21:00 Daily						
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
	Happy Hour 18:00 - 19:00 Daily						
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.

The·Den
kids club

Activity Programme for Children

Aged 4 - 12 years

WEEK COMMENCING: 18.05.26

	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 I	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	May 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

Cub·Life crèche

Activity Programme for Children

Aged 4 - 47 months

WEEK COMMENCING: 18.05.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION 10:00-13:00	FAMILY DAY * Closed	Rainbow Paper Bracelets	Outdoor Playground Fun	Planet Friendly Crafts	Outdoor Playground Fun	Spring Picture Frames	Outdoor Playground Fun
		Pom – Pom Zoo Creations	Spring Pop Card Creations	May Shiny Lanterns	Shape and Color Fun !	Little Artists Chalk Time	Mix & Match Art
LUNCH SESSION 13:00-15:00		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		Little Hands, Happy Stones	PUZZLE challenge	Chalkboard Prewriting Activities	Blooming Holiday Card	Letter arts and crafts	The Market Playhouse *Role play
		Tiny Builders Block Play	Little LEGO masters	Once Upon A time.... Story time	Sensory Discovery Time	Little LEGO masters	Little LEGO masters

All activities are subject to change and are optional.