

# FITNESS CLASSES & LEISURE PROGRAMME











Week: 01/06/2026 - 07/06/2026

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

Opening Hours:	Monday 01-Jun	Tuesday 02-Jun	Wednesday 03-Jun	Thursday 04-Jun	Friday 05-Jun	Saturday 06-Jun	Sunday 07-Jun
<b>BACCHUS RESTAURANT</b> <b>Buffet</b> <b>Breakfast:</b> 07:00-10:30 <b>Dinner:</b> 18:30-22:00 	Breakfast: Open	Breakfast: Open	Breakfast: Open	Breakfast: Open	Breakfast: Open	Breakfast: Open until 11:00	Breakfast: Open until 11:00
<b>APOLLO TAVERN:</b> <b>Lunch:</b> 12:00-17:00 <b>Dinner:</b> 18:00-22:30 	Lunch: Open  Dinner: Open <i>Lucio</i>	Lunch: Open  Dinner: Open	Lunch: Open  Dinner: Open <i>Panikos &amp; Stathis</i>	Lunch: Open  Dinner: Open	Lunch: Open  Dinner: Open <i>Panikos &amp; Stathis</i>	Lunch: Open  Dinner: Open	Lunch: Open  Dinner: Open
<b>CAPE ASPRO RESTAURANT:</b> <b>Breakfast:</b> 07:00-10:30 <b>Dinner:</b> 18:30-22:00 	Breakfast: Open  closed	closed	closed	closed	closed	closed	closed
<b>EROS BAR</b> 09:00-24:00 Snack menu 12:00-22:30 	Open	Open	Open	Open	Open	Open	Open <i>Marios Piano</i>
<b>OUZERI BAR</b> 11:00-23:30 	Open	Open	Open	Open	Open	Open	Open
<b>OLD CUSTOMS SUSHI BAR</b> 14:00-23:00 Sushi available 14:00-21:00 	Open	Open	Open	Open	Open	Open	Open
<b>CAPE ASPRO POOL BAR</b> 11:00-19:00 Snack menu 12:00-16:30 	Open	Open	Open	Open	Open	Open	Open
<b>POSEIDON POOL &amp; BEACH</b> 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 / In Room dining is available 24 hrs.



# Activity Programme for Children

Aged 4 - 12 years

\* Complimentary for in- house Guests



WEEK COMMENCING: 01.06.26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSION 10:00-13:00	Fun Straw Art	F A	Adventure Play Outdoors	Planet Protectors' Crafts	Adventure Play Outdoors	Holiday Memories Picture Frames	Outdoor Adventure Activities
	Who AM I? Let's play guess who!	M I	Little Makers Creative Pop up Cards	Rolling Stars Strike - Spin and Smile	Floral Lantern Crafting	UNO FLIP Battle Card Game	Mandalas for Everyone!
LUNCH SESSION 13:00-15:00	LUNCH SESSION	L Y	LUNCH SESSION	LUNCH SESSION	LUNCH SESSION	LUNCH SESSION	LUNCH SESSION
	Seaside Walk & Discover		Summer Crown	Vase of Blooming Creations	Create Your Bright Bracelets	Seaside Walk & Discover	Colorful Mosaic Creations
AFTERNOON SESSION 15:00-18:00	Ocean Rock Art	D A	Tiny Toes, Big Moves	Snacky Nutty Challenge Board Game	PUZZLE Masters	Ocean Rock Art	Lego Building Projects
	Tower of Fun Build the Tower Challenge	Y * Closed	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: 01.06.26

\* Chargeable Activities

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