

FITNESS PROGRAM

DOMES NORUZ CHANIA

AUTOGRAPH COLLECTION®
HOTELS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
8:00 – 8:45 YOGA HATHA VINYASA FLOW	8:00 – 8:45 HOT POWER YOGA	8:00 – 8:45 YOGA HATHA VINYASA FLOW	8:00 – 8:45 YOGA NIDRA SOUND HEALING	8:00–8:45 PARTNER YOGA OYDLOOR FITNES	8:00 – 8:45 YOGA HATHA VINYASA FLOW
9:00 – 9:45 PILATES MAT	9:00 – 9:45 PILATES PROPS	9:00 – 9:45 PILATES MAT	9:00 – 9:45 PILATES PROPS	9:00 – 9:45 PILATES MAT	9:00 – 9:45 PILATES PROPS
10:15–11:00 FUNCTIONAL TRAINING OUTDOOR FITNESS	10:15 – 11:00 GLUTES AND ABS OUTDOOR FITNESS	10:15–11:00 FUNCTIONAL TRAINING OUTDOOR FITNESS	10:15–11:00 MOBILITY OUTDOOR FITNESS	10:15–11:00 FUNCTIONAL TRAINING OUTDOOR FITNESS	10:15–11:00 BANALNCE BALLS OUTDOOR FINTESS
12:00 – 12:45 MOBILITY OUTDOOR FITNESS	12:00–12:45 BALANCE BALLS OUTDOOR FITNESS	12:00–12:45 GLUTES AND ABS OUTDOOR FITNESS	12:00–12:45 FUNCTIONAL TRAINING OUTDOOR FITNESS	12:00–12:45 AQUA YOGA OUTDOOR POOL	12:00–12:45 FUNCTIONAL TRAINING OUTDOOR FITNESS

Reserve Your Spot!

Please book your session by scanning the QR code.

Spots are limited — early booking is recommended!*

