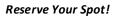
FITNESS PROGRAM

DOMES NORUZ CHANIA

AUTOGRAPH COLLECTION®

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 OYTDOOR FITNES	8:00 - 8:45 Yoga Hatha Vinyasa Flow
9:00 - 9:45	9:00 - 9:45	9:00 - 9:45	9:00 – 9:45	9:00 - 9:45	9:00 - 9:45
PILATES	PILATES	PILATES	PILATES	PILATES	PILATES
MAT	PROPS	MAT	PROPS	MAT	PROPS
10:15-11:00	10:15 - 11:00	10:15-11:00	10:15-11:00	10:15-11:00	10:15-11:00
Functional training	GLUTES AND ABS	FUNCTIONAL TRAINING	MOBILITY	Functional Training	BANALNCE BALLS
Outdoor fitness	OUTDOOR FITNESS	OUTDOOR FITNESS	OUTDOOR FITNESS	Outdoor Fitness	OUTDOOR FINTESS
12:00 - 12:45	12:00-12:45	12:00-12:45	12:00-12:45	12:00-12:45	12:00-12:45
Mobility	BALANCE BALLS	GLUTES AND ABS	FUNCTIONAL TRAINING	AQUA YOGA	FUNCTIONAL TRAINING
Outdoor Fitness	OUTDOOR FITNESS	OUTDOOR FITNESS	OUTDOOR FITNESS	OUTDOOR POOL	OUTDOOR FITNESS



Please book your session by scanning the QR code. Spots are limited — early booking is recommended!*

