

# FITNESS PROGRAM

DOMES NORUZ CHANIA

AUTOGRAPH COLLECTION<sup>®</sup>  
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 OUTDOOR FITNESS	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	9:30 – 10:15 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 & ABS OUTDOOR FITNESS	10:15–11:00 FUNCTIONAL TRAINING OUTDOOR FITNESS	10:30–11:15 MOBILITY OUTDOOR FITNESS	10:15–11:00 FUNCTIONAL TRAINING OUTDOOR FITNESS	10:15–11:00 BALANCE 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

**Session Rates:**

**Group Sessions:** €10 per person

**Personal Training:** €75 per person