



ALILA

RESORT & SPA

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MEMBER OF MITSIS PREMIUM COLLECTION

SPORTS & FITNESS PROGRAM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	Good morning Alila	Good morning Alila	Good morning Alila	Good morning Alila	Good morning Alila	Good morning Alila	Good morning Alila
8:15	Morning Stretching	Hike & Workout	Morning Stretching	Hike & orkout	Morning Stretching	Morning Stretching	Morning Stretching
9:15	Hit body weight Workout		Booty Boost		Abs & Core	Cross Training	Hit body weight
10:15	Beach Volley	Morning Stretching	Beach Volley	Tabata	Beach Volley	Boccia	Beach Volley
11:15	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym
12:00	Ping Pong	Ping Pong	Ping Pong	Ping Pong	Ping Pong	Ping Pong	Ping Pong
13:00	Kids Aquatics	Swimming Lessons	Kids Aquatics	Swimming Lessons	Kids Aquatics	Swimming Lessons	Swimming Lessons
14:00	Darts	Darts	Darts	Darts	Darts	Darts	Darts
16:15	Boccia	Beach Volley	Boccia	Beach Volley	Boccia	Beach Volley	Boccia
17:15	Abs & Core	FTMG Workout	Cross Training	FTMG Workout	Hit body weight Workout	FTMG Workout	Tabata

Personal training lessons are available



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YOGA PROGRAM

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:15 - 09:15	Yoga Flow	Yoga Flow	Good morning Champion Hike & Yoga	Yoga Flow	Yoga Flow
09:30 - 10:00	Meditation & Breathing	5 Tibetans Rites	Hike & Yoga	5 Tibetans Rites	Meditation & Breathing
10:30 - 11:30	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga	Vinyasa Yoga
12:00 - 12:30	Pilates Workout	Pilates Workout	Pilates Workout	Pilates Workout	Pilates Workout
12:30 - 13:30	Gentle Yoga	Yin & Yang Yoga	Gentle Yoga	Yin & Yang Yoga	Gentle Yoga
14:00 - 14:30		Yoga Deep Stretch		Yoga Deep Stretch	