



ALILA

RESORT & SPA

★★★★★

MEMBER OF MITSIS PREMIUM COLLECTION

SPORTS & FITNESS PROGRAM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	Good morning Alila	Good morning Alila	Good morning Alila	Good morning Alila	Good morning Alila	Good morning Alila	Good morning Alila
08:15	Mindful Flow Yoga	Pilates	Mindful Flow Yoga	Pilates	Mindful Flow Yoga	Indoor Training	Indoor Training
		Hike & Workout		Hike & Workout			
09:15	Vinyasa Yoga	Mum & Child Yoga	Vinyasa Yoga	Mum & Child Yoga	Vinyasa Yoga	Stretching	Stretching
10:15	HIIT Workout	Vinyasa Yoga	Tabata	Vinyasa Yoga	Functional Training	Tabata	Cross Training
		Beach Volley		Beach Volley			
11:15	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym	Aqua Gym
	Pilates Workout	Gentle Yoga	Pilates Workout	Gentle Yoga	Pilates Workout		
12:15	Full Body	Cross Training	Abs & Legs	Booty Boost	Ping Pong	HIIT Workout	Booty Boost
		Ping Pong		Ping Pong			
13:00	Darts	Open Outdoor Gym	Darts	Open Outdoor Gym	Darts	Open Outdoor Gym	Darts
14:00	Open Outdoor Gym	Boccia	Open Outdoor Gym	Boccia	Open Outdoor Gym	Boccia	Open Outdoor Gym
16:15	Beach Volley	Beach Volley	Beach Volley	Beach Volley	Beach Volley	Beach Volley	Beach Volley
17:15	Pilates	Booty Boost	HIIT Workout	Tabata	Basketball	Pilates	Abs & Legs

Personal training lessons are available.

Every Wednesday 18:00-19:00 Sunset Yoga at the outdoor gym area.

Operating days and hours for indoor gym is 08:00-20:00

Tennis lessons available every Monday, Wednesday & Thursday 16:00-18:00