



MITSIS  
ROYAL MARE

## Wellness Activities Programme

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 – 09:00	Yoga	Circuit Training	Yoga	Pilates Mat	Yoga	Circuit Training	Yoga
09:00 – 10:00	Circuit Training	Pilates Mat	Circuit Training	Stretching Mobility	Circuit Training	Pilates Mat	Circuit Training
10:00 – 11:00	Pilates Mat	Yoga	Stretching Mobility	Circuit Training	Stretching Mobility	Yoga	Stretching Mobility
11:00 – 12:00	Aqua Fitness*	Aqua Fitness*	Aqua Fitness*	Aqua Fitness*	Aqua Fitness*	Aqua Fitness*	Aqua Fitness*
12:00 – 13:00	Abs & Glutes	Pilates Mat	Abs & Glutes	Pilates Mat	Circuit Training	Pilates Mat	Abs & Glutes
16:00 – 17:00	Pilates Mat	Yoga	Circuit Training	Yoga	Pilates Mat	Circuit Training	Pilates Mat

**Aquafitness\*:** Main Pool (next to pool bar Delfinia)