



WELLNESS ACTIVITIES

	09:00	17:00
MONDAY	HathaYoga	Water Aerobics Evolution
WEDNESDAY	Vinyasa Yoga	Gym stick Evolution Conditioning
THURSDAY	Core Yoga	Aqua Yoga
FRIDAY	Vinyasa Yoga	Water Aerobic Evolution
SATURDAY	Power Wellness Walk*	Aqua Yoga
SUNDAY	Power Wellness Walk*	Gym stick Evolution Conditioning

Wellness activities take place at the Six Senses Spa.

* Power Wellness Walk takes place on the beach, subject to good weather conditions.

Six Senses Spa at porto elounda

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