



ΠΡΟΓΡΑΜΜΑ

16:30	Arrival & check in	
17:00-17:45	Cycling Class	THE CLUB OF CYCLING.
	Cross Training	
	STORM by the Sea	
17:00-19:00	ICE BATH	
17:00-19:00	Pranic Healing	
17:00-20:00	boost [®] CORNER	
18:00-18:45	CYBA	
	Glutes & Abs	
18:00-20:00	Relax & Recharge by HOLMES PLACE SPA	
19:00-19:30	Yoga Rocks	
19:40 - 20:40	Teams Challenges	
20:40 - 22:00	Party	



Σάββατο 9/5



Island Athens Riviera
27^ο χλμ. Αθήνας-Σουνίου, Βάρη 16672