



## WELLNESS ACTIVITIES

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