

## WEEKLY ACTIVITIES SCHEDULE May 14- 20, 2018

### MAY 14, MONDAY

9:00 – 9:30 am	Mindful Walk * / Complimentary
11:00 – 12:00 noon	Ashtanga Yoga Class @Yoga Studio* ** TL 190
1:00 - 1:30 pm	Mat Pilates @Yoga Studio Complimentary
3:00 – 4:30 pm	Yoga Therapy Class @Yoga Studio* **TL 190
7:45pm	Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90
00:30 am	Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90

### MAY 15, TUESDAY

9:00 - 5:00pm	Ancient Wonders Ephesus Tour. / **EUR 490 with car, **EUR 3,025 with Helicopter, up to four guests. Please see Fun Stuff for detailed information.
9:00 – 9:30 am	Meditation @Meditation Dome* Complimentary
11:00 – 12:00 noon	Body Weight Training * / **TL 190
1:00 – 1:30 pm	Ashtanga Yoga @Yoga Studio Complimentary
3:00 – 4:00 pm	Cycling Class @Cycling Studio* / ** TL 190
7:45pm	Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90
00:30 am	Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90

## MAY 16, WEDNESDAY

9:00 - 5:00pm	Etrim Village Tour. / ** EUR 490 with tour guide. Please see Fun Stuff for detailed information
9:00 - 9:30 am	Mindful Walk * / Complimentary
11:00 - 12:00 noon	Circuit Training @Weight Room* **TL 190
1:00 - 1:30 pm	Beginner Yoga @Yoga Studio Complimentary
3:00 - 4:00 pm	Yin Yoga @Yoga Studio* **TL 190
7:45pm	Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90
00:30 am	Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90

## MAY 17, THURSDAY

9:00 - 9:30	Meditation @Yoga Pavilion* Complimentary
9:30 - 5:00pm	Didyma-Miletus-Priene Tour. / ** EUR 490. Please see Fun Stuff for detailed information.
11:00 - 12:00 noon	Cycling Class@ Cycling Studio* / ** TL 190
1:00 - 1:30 pm	Beginner Yoga @Yoga Studio* Complimentary
3:00 - 4:00 pm	Vinyasa Yoga Class @Yoga Studio* **TL 190
7:45pm	Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90
00:30 am	Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90

## MAY 18, FRIDAY

8:00 - 11:00am	From the Farmer Market to the Table by Chef's Guidance./ EUR 100,00 per person. Reservation is required. Tour is available for at least 4 guests attendance.
9:00 - 9:30 am	Mindful Walk * / Complimentary
11:00 - 12:00 noon	Cardio Pilates @Yoga Studio* / **TL 190
1:00 - 1:30 pm	Hatha Yoga @Yoga Studio * Complimentary
3:00 - 4:00 pm	Ashtanga Yoga @Yoga Studio* / **TL 190

7:45pm	Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90
00:30 am	Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90

## MAY 19, SATURDAY

8:00 - 9:00pm	Aegean Islands Discovery Yacht Cruise. **EUR 4,920. Please see Fun Stuff for detailed information.
9:00 - 9:30 am	Abs and Core Training @Cardio Studio * Complimentary
11:00 - 11:30 am	Meditation @Yoga Pavilion* Complimentary
1:00 - 2:00 pm	Yin Yoga @Yoga Studio* **TL 190
3:00 - 4:00 pm	Beginner Yoga @Yoga Studio* **TL 190
7:45pm	Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90
00:30 am	Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90

## MAY 20, SUNDAY

9:00 - 5:00pm	Sirince Tour. Please see Fun Stuff for detailed information.
9:00 - 9:30 am	Mindful Walk * / Complimentary
11:00 - 12:00 noon	Ashtanga Yoga @Yoga Studio* **TL 190
1:00 - 1:30 pm	Boot Camp Class @Yoga Studio* Complimentary
3:00 - 4:00 pm	Intro to Yoga Class @Yoga Studio* **TL190
7:45pm	Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90
00:30 am	Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact with your GEM at least one day in advance. One way/**TL 90

*\* If you would like to join any of the non-complimentary activities please a make reservations at SPA reception min. 2 hours in advance. Max 8 people. Meeting point is at Six Senses Spa Reception for all classes.*

*\*\* All prices are net and per person.*

*Please note that our Fitness Activities only occur if there are bookings for the class.*