

COSTA NAVARINO

WEEKLY ACTIVITIES & FITNESS COURSES



Time Ώρα	Daily at / Καθημερινά στο WestinWORKOUT
08:15–08:45	Morning Stretching*
09:00–09:30	Abs & Buttocks*
11:30–12:00	Aqua Gym*
17:00–17:30	Pilates*
18:00–18:30	Yoga*
19:00–19:30	Syrtaki & Traditional Greek Dance*
19:00–19:45	**runWestin (adults +15)

**RunWESTIN™ 5km with a Running Concierge organized upon request every Monday – Wednesday – Friday.

For requests please contact the WestinWORKOUT by dialling 85620 from your room phone or via Service Express (0).

Meeting point at the WestinWORKOUT at 18:50

Fitness & Runners Level: Beginner– Intermediate

Notes

All Fitness courses are free of charge and they do not require subscription.

Arrival 10 minutes earlier

Children under 12 years old must be supervised by their parent.