

## MONDAY

**PNF stretching**  
08:30 – 9:00  
Eagles Villas Gym  
Free of Charge  
Max Persons: 6

PNF (Proprioceptive Neuromuscular Facilitation) system comes to solve mobility and flexibility issues, followed by the orders of our Fitness specialist!

**Olive oil tasting**  
12:00-12:50  
Eleonas Restaurant  
Free of Charge  
Max Persons: 6

Greece is globally known for its world class olive oil, not just for its taste and texture but also for its health benefits. Go ahead, try it for yourselves!

**Abs & Legs**  
17:00-17:45  
Eagles Palace Gym  
25€ pp  
Max Persons: 6

Every day can be a Leg day. Combined with abs workout it's the best way to start your week and feel your body burn.

## TUESDAY

**Refreshing Walk**  
08:30 – 09:00  
Eagles Walking paths  
Free of Charge  
Max Persons: 6

Nothing better to start your day. A refreshing, energy boost walk is ready for you. Be impressed passing through magnificent coastline, pinewoods and olive groves of our hotel and live your myth in...EAGLES!!

**Cooking Lesson:**  
Meat balls with Tzatziki  
12:30 – 13:30  
Melathron Restaurant  
Free of charge  
Max Persons: 8

Immerse yourself in the renowned world of Greek cuisine by learning how to create one of the most known Greek dishes: Meet balls with Tzatziki! Yum!

**Pilates Mini Ball**  
Pilates Mini Ball  
17:00 – 17:45  
Eagles Villas Gym  
25€ pp  
Max Persons: 6

Inspired during the World war one, Pilates became one of the most famous training method all over the world. Come and join our Pilates class with exclusive use of mini balls and feel strong and relieved!

## WEDNESDAY

**Pilates Mat**  
08:30 – 09:15  
Eagles Beach  
Free of Charge  
Max Persons: 6

Learn how to truly control your body, how to focus on your breathing and experience a stimulating Pilates session that will transform you both physically and mentally.

**Discover Athonian Wine**  
18:00 – 19:00  
Vinum Wine Cellar  
18€ per person  
Max Persons: 12

Treat your palette with some of the most renowned local wines, learn about the winemaking process and how to distinguish the various characteristics in each wine from our Sommelier

**Peach Workout**  
17:00 – 17:45  
Eagles Villas Gym  
25 € pp  
Max Persons:6

Peach is not just a fruit. It's the shape of your booty. Let's BURN it and make your legs & glutes better than never before!! Go ahead and try it for yourselves.

## THURSDAY

**Flow Yoga**  
8:30 - 9:15  
Eagles Palace Gardens  
Free of Charge  
Max Persons: 6

From deep India, our Flow Yoga class will give you the chance to travel back in time and learn one of the most ancient Indian philosophical tradition of physical, mental and spiritual practice.

**Smoothies Masterclass**  
11:30 – 12:30  
Pool Bar  
Free of charge  
Max Persons: 8

Discover freshness and detox along with a healthy and tasty smoothie. Enjoy!

**Fat Burn**  
17:00 – 17:45  
Eagles Beach  
30€ pp  
Max Persons: 6

Did you eat anything unhealthy inside the day or previous one? Don't worry!! It's Fat Burn time. Let's burn some calories!!

## FRIDAY

**Stretching by the Sea**  
08:30 – 9:00  
Eagles Palace Gym  
Free of charge  
Max Persons: 6

No flexibility in your schedule? Never before stretching with sand under your feet and waves whispering in your ears? Ready?? Let's stretch!!

**Elemis Taster Facial**  
11:00 – 12:00  
Eagles Spa  
Free of Charge  
Max Persons: 4

Discover the luxurious Eagles Spa by Elemis. Try a 10-minute mini facial and get ready to book your next session for a superior treatment. Surrender to the ultimate Spa experience.

**Bodyweight Total Body Training**  
17:00 – 17:45  
Eagles Villas Gym  
25€ pp  
Max Persons: 6

Build strength, increase flexibility and boost your endurance with a full body regime.

## SATURDAY

**Circuit Training**  
08:30 – 09:15  
Eagles Palace Gym  
Free of Charge  
Max Persons: 6

Stations are set. Will you leave them wait? Will you overpass the most efficient way to enhance cardiovascular fitness and muscle endurance? Of course not. Circuit Training is ready for you!!

**Ammouliani & Drenia picnic**  
11:00 – 15:00  
Eagles Yacht Club  
90€ pp (including snacks and beverages)  
Min Persons: 4  
Max Persons: 6

Explore the renowned beaches of Halkidiki and visit the scenic island of Ammouliani whilst cruising on the peaceful waters of the Aegean!

**Functional Training**  
17:00-17:45  
Eagles Villas Gym  
25€ pp  
Max persons: 6

In our Functional Training we attempt to adapt or develop exercises which allow individuals to perform the activities of daily life more easily and without injuries. Let's make your lives better. You deserve it!

## SUNDAY

**Cross training**  
08:30 – 9:15  
Eagles Palace Gym  
Free of charge  
Max Persons: 6

A practice of engaging more types of aerobic/cardiovascular exercises in order to improve your overall fitness. Be a part of it and enjoy!!

**It's not all Greek to me!**  
16:00 – 17:00  
Eagles Villas TV room  
Free of charge  
Max Persons: 6

Ever heard of the phrase "It's all Greek to me!?" Well, allow us to fill you in all the necessary Greek words and phrases so you can tell your friends: It's not Greek to me!

**Resistance workout Tabata**  
17:00 – 17:45  
Eagles Villas Gym  
30€ pp  
Max persons: 6

HIIT (High Intensity Interval Training) which involves 2:1 ratio of work to recovery periods is coming to Eagles Palace. Don't waste your time and follow the instructions of our fitness specialist for a unique training experience!