

# MONDAY

# SAMPLE PROGRAMME

8:00	Breakfast * 8:00 - 10:45 Breakfast & Coffee * Pop-Up 9:00 - 11:30	Swim & Run 8:00 - 8:45 Vinyasa Yoga 9:00 - 9:45		Vinyasa Yoga 8:15 - 9:00 Slow Flow Yoga: Heart Opening 9:15 - 10:00	HIIT & Run 8:00 - 8:45 HIIT Cardio 9:15 - 10:00	Cardio Tennis 8:00 - 8:45 Cardio Tennis 8:45 - 9:30	HIIT Strength 8:00 - 8:45 High Capacity Training 9:15 - 10:00	Cycling: Blue Ride 8:30 - 10:30	5k Run 9:00 - 10:00
12:00	Lunch * 12:00 - 15:00	Calligraphy Workshop 11:00 - 13:00	Open Water Swim Masterclass 10:00 - 10:45 Aqua Aerobics 11:15 - 12:00 Breathe & Flow 11:30 - 12:15	Soulful Backbends 10:30 - 11:45 Focus Your Mind Breathwork 12:15 - 13:00	Speedwork & Sprints 10:30 - 11:15 Tennis Ground Stroke Drills 10:30 - 11:30	Beg: Ground Stroke Drills 9:30 - 10:30 Adv: Topspin & Ground Stroke Drills 11:30 - 12:30	Slow Paced Strength 10:30 - 11:15 Power Barre 12:00 - 12:45	Peligoni Spa * 10:00 - 18:00	Peligoni Pop-Up Spa * 10:00 - 17:00
15:00	Afternoon Bites ** 15:00 - 18:00	Lunch Pop-Up* 12:30 - 15:00	Herbal Energy Hacks 15:00 - 15:45 How To Be Your Own Health Guru 16:30 - 17:15 Yin: Restore & Reset 17:15 - 18:00	Daily Wellbeing Check-in 12:30 - 13:00 Know Your Healing Power 14:45 - 15:30 Meditation 16:00 - 17:30 Barre & Strength 17:30 - 18:15	Sound & Slow Flow 15:00 - 15:45 Unlock A Deeper State of Consciousness 16:00 - 16:45 Meditation & Mantras 17:15 - 18:00	Combat Cardio 15:00 - 15:45 Rusty Rackets Get Back Into Tennis 15:30 - 16:30 Match Play & Social Mix 16:30 - 18:00	Sports Massage Treatments* 14:00 - 18:00		
23:00	Welcome Feast * 19:45								

# TUESDAY

8:00	Breakfast * 8:00 - 10:45 Breakfast & Coffee * Pop-Up 9:00 - 11:30	Cardio Barre & Burn 10:30 - 11:15 Cold Water Therapy 11:00 - 11:45	Swim & Run 10:00 - 11:00 Cacao Ceremony 11:15 - 12:15 Performance Pool Training 11:15 - 12:00	Work With Your Cycle (Women) 8:15 - 9:00 Full Sound Bath Journey 9:30 - 10:15 Playful Power Vinyasa 10:45 - 12:00	High Capacity Training 8:00 - 8:45 Stronger Woman Workout 9:15 - 10:00 Slow Paced Strength 12:00 - 12:45	HIIT Cardio 8:00 - 8:45 HIIT & Run 9:15 - 10:00 Active Recovery 10:30 - 11:15	Cardio Tennis 8:00 - 8:45 Cardio Tennis 8:45 - 9:30 Adv: Volleys & Smash Drills 9:30 - 10:30	Cycling: Red Ride 8:00 - 11:00	10k Run 8:30 - 10:00	
12:00	Lunch * 12:00 - 15:00	Lunch Pop-Up* 12:30 - 15:00	Life Drawing 12:00 - 14:00	Focus Your Mind Breathwork 12:15 - 13:00	Mastering Fitness & Form (Men Only) 12:00 - 12:45		Int: Volleys & Net Play Drills 10:30 - 11:30 Beg: Volleys & Net Play Drills 11:30 - 12:30	Massage* 14:00 - 18:00	Reflexology Treatments * 11:00 - 18:00	Peligoni Pop-Up Spa * 10:00 - 17:00
15:00	Afternoon Bites ** 15:00 - 18:00	The Power of Calm 15:00 - 15:45 Ayurveda: The Modern Relevance of Ancient Wisdom 17:00 - 17:45	Yin Yoga: Restore & Reset 17:15 - 18:00 Yin Yoga: Spine Surrender & Release 18:15 - 19:00	Daily Wellbeing Check-In 15:00 - 16:00 In Sacred Space 16:30 - 17:15 Breath & Body Exploration 17:15 - 18:15	Aqua Aerobics 15:00 - 15:45 Shake It Out 16:15 - 17:00 Deep Core: Connect & Strengthen 17:30 - 18:15	Invigorating Breathwork & Body Reset 15:00 - 15:45 Int/Adv: Ladies Tennis 15:30 - 16:30 Mix & Match Play 16:30 - 18:00				
23:00	Dinner * 19:00 - 21:45	Drinks in Courtyard* 20:00 - 22:00	Evening Social Salsa Night 21:00 - 22:00							

# WEDNESDAY

8:00	Breakfast * 8:00 - 10:45 Breakfast & Coffee * Pop-Up 9:00 - 11:30	I Am Joy 10:15 - 11:15 Guided Open Water Swim 9:00 - 9:45 Cold Water Therapy 10:00 - 10:45	Making Waves Yoga Flow 8:15 - 9:00 Vinyasa Yoga 9:30 - 10:15 Dance Workshop 10:15 - 11:15	Cardio Barre & Burn 8:00 - 8:45 HIIT Strength 9:00 - 10:00 High Capacity Training 9:15 - 10:00	HIIT & Run 8:00 - 8:45 Speedwork & Sprints 9:15 - 10:00 HIIT Cardio 10:30 - 11:15	Cardio Tennis 8:00 - 8:45 Cardio Tennis 8:45 - 9:30 Int: Serve Drills 9:30 - 10:30	Cycling: Black Ride 8:00 - 11:45	15k Run 8:00 - 10:00
12:00	Lunch * 12:00 - 15:00	Lunch Pop-Up* 12:30 - 15:00	Daily Wellbeing Check-In 11:15 - 12:15 Rewire Your Subconscious 12:45 - 13:30	Calligraphy Workshop 11:00 - 13:00	Flow With Freedom Hips Mandala 11:15 - 12:15 Performance Pool Training 12:15 - 13:00	Aqua Aerobics 11:15 - 12:00 Beg: Serve Drills 10:30 - 11:30 Adv: Slice Serve 11:30 - 12:30	Sports Massage Treatments * 10:00 - 14:00 Reflexology Treatments* 11:00 - 18:00	Peligoni Pop-Up Spa * 10:00 - 17:00
15:00	Afternoon Bites ** 15:00 - 18:00	Why We Run Q&A 15:00 - 16:00 Cocktail Masterclass 17:00 - 17:45	Slow Motion Yoga 15:00 - 16:00 Body Release 16:30 - 17:15	Sound Bath 15:00 - 16:00 Unlock A Deeper State Of Consciousness 17:30 - 18:15	Slow Flow Yoga: Heart Opening 16:00 - 16:45 Yin Yoga 17:15 - 18:00	Slow Paced Strength 15:00 - 15:45 Rusty Rackets Get Back Into Tennis 15:30 - 16:30 Move To Improve (Men Only) 16:45 - 17:00 Doubles Masterclasses 16:30 - 18:00		
23:00	Evening Feast * 19:45	Dinner * 18:30 - 21:45			West End Workout 17:30 - 18:15	Women's Circle 17:00 - 18:00		

# THURSDAY SAMPLE PROGRAMME

8:00	Breakfast * 8:00 - 10:45  Breakfast & Coffee * Pop-Up 9:00 - 11:30	Invigorating Breathwork & Body Reset 8:15 - 9:00	HIIT Strength 8:00 - 8:45	Sound & Slow Flow Yoga 9:30 - 10:15	Speedwork & Sprints 8:00 - 8:45	Cardio Tennis Peli Tennis Coach 8:00 - 8:45	Cycling: Green Ride 9:00 - 11:00	Faster 5km & Technique 8:30 - 9:30	
		Open Water Swim Masterclass 8:15 - 9:00	Combat Cardio (Men Only) 9:15 - 10:00	Vinyasa Yoga 10:45 - 11:30	HIIT & Run 9:15 - 10:00	Cardio Tennis Peli Tennis Coach 8:45 - 9:30		Physio* 10:00 - 14:00	Sports Massage Treatments * 9:00 - 14:00  Massage * 14:00 - 18:00
		Daily Wellbeing Check-In 11:15 - 12:15	High Capacity Training 10:30 - 11:15	Cold Water Therapy 11:00 - 11:45	HIIT Cardio 10:30 - 11:15	Beg: Drills & Challenges 9:30 - 10:30			
12:00	Lunch * 12:00 - 15:00	Lunch Pop-Up* 12:30 - 15:00	Aqua Aerobics 11:15 - 12:00	Slow Motion Breathwork 12:00 - 12:45	Int: Drills & Challenges 10:30 - 11:30				
15:00	Afternoon Bites ** 15:00 - 18:00	Lymphatic Drainage Workshop 15:00 - 15:45	Power Barre 12:00 - 12:45	Breathe & Flow 12:15 - 13:15	Adv: Drills & Target 11:30 - 12:30	Performance Pool Training 15:00 - 15:45	Peligoni Pop-Up Spa * 10:00 - 17:00		
		Health Claims Unmasked 16:30 - 17:15	Manifestation Meditation 15:00 - 16:00	Deep Core: Connect & Strengthen 15:00 - 15:45	Intro To Reiki 14:45 - 15:30	West End Workout 16:00 - 16:45			
		Pre-Dinner Drinks & DJ 18:00 - 20:00	Yin Yoga: Restore & Reset 16:00 - 16:45	Unwind The Body & Mind 16:30 - 17:15	West End Workout 16:00 - 16:45	Int/Adv: Social Tennis 15:30 - 16:30			
	Dinner * 19:00 - 21:45		Yin Yoga: Rooted & Grounded 17:15 - 18:00	Stronger Woman Workout 17:15 - 18:00	West End Workout 16:00 - 16:45	Doubles Tournament 16:30 - 18:00			
23:00				Full Moon Sound Bath 21:30 - 22:45					

# FRIDAY







8:00	Breakfast * 8:00 - 10:45	Breakfast Pop-Up ** 9:00 - 11:30	Hydration Station ** 9:00 - 11:00	Power Yoga 8:30 - 9:15	Yin Yoga 7:30 - 8:15	TRX & Kettlebells 8:00 - 8:45	Speedwork & Sprints 8:00 - 8:45	Cardio Tennis 8:00 - 8:45	Peligoni Triathlon 8:00 - 11:00	Cycling: Blue Ride 8:30 - 10:00	
		Cold Water Therapy 11:00 - 12:00	Art & Colour Life Drawing 11:00 - 12:30	Be Still 9:30 - 11:00	Mobility & Stretch 8:30 - 9:15	Cardio Barre & Burn 9:15 - 10:00	HIIT Strength 9:15 - 10:00	Cardio Tennis 8:45 - 9:30		5k Run 10:00 - 11:00	Physio * 9:00 - 14:00
			Vinyasa Yoga 11:30 - 12:15			Slow Paced Strength 10:30 - 11:15	Corrective Exercise 10:30 - 11:15	Singles Shoot Out 9:30 - 12:30			
12:00	Lunch * 12:00 - 15:00		Lunch & Sail Aboard Odyssey * 12:00 - 15:00	Performance Breathwork 12:30 - 13:30		Swim: Body Position 11:15 - 12:00					
15:00	Afternoon Bites ** 15:00 - 18:00	Aperitivo ** 15:00 - 18:30	Manifest Your Life 15:00 - 15:45	Focus Your Mind & Fire Up The Body 15:00 - 15:45		Swim: Open Water Skills 15:00 - 15:45	Slow Paced Strength 15:00 - 15:45	Reflexology Treatments * 11:00 - 18:00	Peligoni Pop-Up Spa * 10:00 - 18:00		
			PACE Week Round Up 16:00 - 17:00	Slow Flow Yoga 16:00 - 16:45	Pilates 16:15 - 17:00	Invigorating Breathwork & Restorative Movement 16:00 - 16:45		Match Play & Social Mix 16:30 - 18:00			
			Healing Harmonies 17:30 - 18:30	Yin Yoga: Spine Surrender & Release 17:15 - 18:00	Mobility & Stretch 17:30 - 18:15	Makeup Masterclass 17:00 - 17:45					
23:00			Food Festival with Live Music * 19:30								

# PACE

## PROGRAMME

### THE PELIGONI CLUB

#### PROGRAMME KEY

	Spa & Wellness		Food, Drink & Nutrition		Workshops & Activities
	Yoga, Pilates & Barre		Mindfulness & Wellbeing		Fitness, Tennis & Cycling

\* Event requires additional payment  
 ◦ Drop in, no booking required

Please note that the PACE programme is subject to change

All Tennis sessions meet at the Tennis Courts

All Cycle rides meet at the Bike Shed

All Runs meet at Reception

All activities, classes & feasts can be booked via the Peligoni App