

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		*** <b>MORNING ROUTINE 09:15-10:15</b> *** ☀ GENTLE STRENGTH   ☀ SUNRISE SWIM   ☀ GROUNDED BREATHE WORK & STRETCH   ☀ PLAY TIME						
08:00		08:15-09:15 Coaching Sue			TIME: 07:00-08:00 LOCATION: KAL'	08:15-09:15 Coaching Jo'	08:15-09:15 Coaching Liz	
09:00	MORNING ROUTINE >>>>>>	TIME: 09:15 LOCATION: KAL'		TIME: 09:15 LOCATION: STOUPA			TIME TBC LOCATION: TBC	TIME 07:45 LOCATION: KAL'
10:00			KARDAMILLI GYM / DAY TRIP	10:30-11:30 Coaching Kim	MIAO Volunteer Morning	Walk to Ag Nik		9:15/9:30 PICK UP
11:00			Gym Session 9am		Collect from Aiolos Group 1 08:40 Group 2 09:20	MEET AT 9,30		
12:00		ARRIVE AIRPORT PICK UP	MEET AT AIOLOS 07:45		Return by 11:15			
13:00	ARRIVE AT ACCOMMODATION 13:30 / 14:00		Bus back home 13:00					
14:00	READ YOUR WELCOME PACK							
15:00					Vic Coaching Call Bex 3pm			
16:00								
17:00		17:00 - 18:00 Coaching Emma	17:00 - 18:00 Coaching Carol		17:00-18:00 Coach' Rebekah	17:00-18:00 Coaching Emily		
18:00	Welcome Meal Almyriki, Kalogria						Group Session	
19:00	<b>BOOKED</b> 18:30 / 19:00		Eve Meal, Pefko Stoupa <b>BOOKED</b>	EVENING SWIM STOUPA			Eve Swim	
20:00 +					Eve Meal Kalogria <b>BOOKED</b>		Evening Meal Rivera <b>BOOKED</b>	

Additional things to do In and around the area...

- Dive School
- Day Fishing Trip
- Delphini beach
- Day trip to caves
- Day trip Olympia
- Day trip to Kalamata
- Bike Hire
- Car Hire

YELLOW = Group Activities    GREEN = Individual 1-2-1 Coaching slot allocation    WHITE = Free time  
NB... This is a flexible itinerary and may be subject to change