

# activities

## MONDAY

### Eagles Ritual

**08:20 - 09:10**  
EAGLES PALACE GYM  
**30€ per person** Max: 6 persons

Yoga brings balance, strength and a sense of wellbeing. With the glow of nature surrounding you in our one-of-a-kind space, join us to experience the beauty a meditative practice can bring to you.

### Summer Sculpting

**09:40 -10:40**  
EAGLES VILLAS GYM  
**30€ per person** Max: 6 persons

Create a strong, athletic and powerful body using progressively heavier weights under the careful instruction of your trainer. Improve your form and technique, building confidence in lifting weights whilst you sculpt your body. Leave the class feeling stronger and more powerful than ever.

### Elemis Taster Facial

**11:00 - 12:00**  
EAGLES SPA  
**Free of Charge** Max Persons: 8

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

### Route of Akanthios wine

**08:00-17:00**  
EAGLES PALACE RECEPTION  
**50 € per adult 10 € per child**

The route of the Akanthios Wine, refers to the water element of Aristotelian Philosophy. Through a walk in the city of Lerissos, we will see wine as a historical and cultural link through the centuries. Our excursion will start with a light walk on the path of Ancient Akanthos and will end in a stunning location overlooking the whole of Akanthios Gulf and Mount Athos.

### Wine Tasting

**16:00 - 17:00**  
VINUM RESTAURANT  
**25 € per person** Max persons: 15

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

### Managers' Cocktail

**18:00 - 19:00**  
EAGLES CLUB  
**Free of charge**

Meet our Management team and share your stories, discuss your experience at Eagles Resort while enjoying the most refreshing cocktails and exquisite delicacies!

### Eagles Foundation

**18:00 - 19:00**  
EAGLES VILLAS GYM  
**30€ per person** Max: 6 persons

Your Workout of the Day. Inspired by cross training, expect "EMOMs" and "AMRAPs" as standard and be prepared to dig deep and push hard. The Eagles Foundation combines effective high intensity training and strength work in an encouraging and motivating environment.

### Tour of Asia

**18:30 - 22:00**  
MELATHRON  
**Free of charge**

With love and respect for authentic Asian cuisine our chef prepares for you some Asian inspired dishes. Join our Buffet for an unforgettable gastronomical experience based on a variety of excellent flavors.

### Sunset Yoga

**19:20 - 20:30**  
EAGLES PALACE GYM  
**30€ per person** Max: 6 persons

Enjoy the sounds of the crashing waves and let the beautiful sunset inspire you. Meditate, strengthen your body and release your feelings.

### Welcome to Westernland

**20:30-21:30**  
OPEN AIR THEATER  
**Free of charge**

The best of musicals and musical movies, everything from classics "Cabaret" and "Chorus Line", to "Grease", "The greatest Showman" and "Lion King". A show with well known songs and dances for the whole family!

## TUESDAY

### Eagles Ritual

**08:20 - 09:10**  
EAGLES PALACE GYM  
**30€ per person** Max: 6 persons

Yoga brings balance, strength and a sense of wellbeing. With the glow of nature surrounding you in our one of a kind space, join us to experience the beauty a meditative practice can bring to you.

### Eagles Foundation

**09:40 - 10:40**  
EAGLES VILLAS GYM  
**30€ per person** Max: 6 persons

Your Workout of the Day. Inspired by cross training, expect "EMOMs" and "AMRAPs" as standard and be prepared to dig deep and push hard. The Eagles Foundation combines effective high intensity training and strength work in an encouraging and motivating environment.

### Route of Arnea

**08:00-17:00**  
EAGLES PALACE RECEPTION  
**50 € per Adult, 25 € per Child**

The route of Arnea, refers to the earth element of Aristotelian Philosophy. There will be a tour in the alleys of the so-called "Aristocrat Town" of Eastern Halkidiki. We will visit the Church of Saint Stefanos, a building from 1812. Next stop, tasting honey at the award-winning company "Honey Georgaka", where we will taste excellent quality varieties of honey, the local drink Mountovina and visit a museum of beekeeping art, where we will see how honey was produced in the last century.

### Olive Oil Tasting

**11:00 - 11:30**  
ELEONAS RESTAURANT  
**Free of Charge** Max: 8 persons

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!

### Cooking Lesson: Saragli

**16:00 - 17:00**  
LOFOS RESTAURANT  
**Free of Charge** Max Persons: 8

Learn step by step how to create an authentic saragli, a recipe that has been passed down from generation to generation and preserved to this very day. So delicious!

### Summer Sculpting

**18:00 -19:00**  
EAGLES VILLAS GYM  
**30€ per person**Max: 6 persons

Create a strong, athletic and powerful body using progressively heavier weights under the careful instruction of your trainer. Improve your form and technique, building confidence in lifting weights whilst you sculpt your body. Leave the class feeling stronger and more powerful than ever.

### World Cuisine

**18:30 - 22:00**  
MELATHRON RESTAURANT  
**Free of Charge**

Explore the culinary world with our chef de cuisine. Inspired by dishes from all over the world, chef and his team create a delicious gastronomic experience.

### Detox Yoga

**19:30 - 20:30**  
EAGLES VILLAS GYM  
**30€ per person** Max: 6 persons

Enjoy the sounds of the crashing waves and let the beautiful sunset inspire you. Meditate, strengthen your body and release your feelings.

## WEDNESDAY

### Eagles Ritual

**08:20 - 09:10**  
EAGLES PALACE GYM  
**30€ per person** Max: 6 persons

Yoga brings balance, strength and a sense of wellbeing. With the glow of nature surrounding you in our one of a kind space, join us to experience the beauty a meditative practice can bring to you.

### Summer Sculpting

**09:40 -10:40**  
EAGLES VILLAS GYM  
**30€ per person** Max: 6 persons

Create a strong, athletic and powerful body using progressively heavier weights under the careful instruction of your trainer. Improve your form and technique, building confidence in lifting weights whilst you sculpt your body. Leave the class feeling stronger and more powerful than ever.

### Smoothie Hour

**11:00 - 11:30**  
BEACH BAR  
**Free of Charge** Max: 6 persons

Start your Wednesday with a perfectly prepared delicious, healthy and refreshing smoothie. Learn with us how to prepare the best start to the day and let yourself be inspired.

### Route of Aristotle

**08:00-17:00**  
EAGLES PALACE RECEPTION  
**55 € per adult, 25 € per child**  
Min: 4 Persons

The route of Aristotle, refers to the air element of Aristotelian Philosophy. Our journey will start from the site of Ancient Stagira, the birthplace of the Great Philosopher, where a tour will take place which will end in a small grove path. We will then visit the Aristotle Grove, in the settlement of Stagira, where Aristotle's statue is located in a thematic park with games inspired by the physics of his theory. Expect breathtaking views.

### Go Local Mix

**16:00 - 17:00**  
EAGLES CLUB  
**16 € per person** Max persons: 8

Discover how our Mixologist Team creates amazing cocktails by mixing together traditional Greek spirits with fresh local products. Let us introduce you to a new world of Halkidiki's local flavors.

### Eagles Foundation

**18:00 - 19:00**  
EAGLES VILLAS GYM  
**30€ per person** Max: 6 persons

Your Workout of the Day. Inspired by cross training, expect "EMOMs" and "AMRAPs" as standard and be prepared to dig deep and push hard. The Eagles Foundation combines effective high intensity training and strength work in an encouraging and motivating environment.

### Tour of Halkidiki

**18:30 - 22:00**  
MELATHRON RESTAURANT  
**Free of Charge**

Halkidiki is not only beautiful but also tastes delicious. Enjoy an evening with regionally freshly prepared dishes. Especially on this evening the best products of the region are processed for you.

### Energizing Vinyasa Yoga

**19:30 - 20:30**  
EAGLES VILLAS GYM  
**30€ per person** Max: 6 persons

Enjoy the sounds of the crashing waves and let the beautiful sunset inspire you. Meditate, strengthen your body and release your feelings.

### Live Music

**20:00 - 23:00**  
EAGLES CLUB

Enjoy your cocktail in the picturesque Eagles Club while listening to your favorite tunes played by our band. Come and dance.

## THURSDAY

### Eagles Ritual

**08:20 - 09:10**

EAGLES PALACE GYM

**30€ per person** Max: 6 persons

Yoga brings balance, strength and a sense of wellbeing. With the glow of nature surrounding you in our one of a kind space, join us to experience the beauty a meditative practice can bring to you.

### Eagles Foundation

**09:40- 10:40**

EAGLES VILLAS GYM

**30€ per person** Max: 6 persons

Your Workout of the Day. Inspired by cross training, expect “EMOMs” and “AMRAPs” as standard and be prepared to dig deep and push hard. The Eagles Foundation combines effective high intensity training and strength work in an encouraging and motivating environment.

### Varvara Waterfalls

**08:00-17:00**

EAGLES PALACE RECEPTION

**55 € per adult, 25 € per child**

Between the villages Varvara and Olympiada are two amazing waterfalls in a forest full of taxus, alders, lindens, beeches and wild hazels. Both the location and the feeling of calmness and serenity will make you feel like you have discovered a small paradise. Our journey will continue at the Women’s Association «Dryades» of Varvara, where you will taste traditional soup and local dishes.

### Honey Tasting

**11:00 - 11:30**

LOFOS RESTAURANT

**Free of Charge**

Have you heard the buzz? The most delicious varieties of locally produced honey in Northern Greece are available to try. So go ahead, try them and ask anything you want to know about its production.

### Barista Masterclass

**16:00 - 16:30**

EAGLES CLUB

**Free of charge** Max Persons: 8

Taste the most delicious coffee you’ve ever had and learn everything there is to learn about brewing techniques like Chemex, the single origin coffee and latte art from the most famous baristas of the country!

### Summer Sculpting

**18:00 -19:00**

EAGLES VILLAS GYM

**30€ per person** Max: 6 persons

Create a strong, athletic and powerful body using progressively heavier weights under the careful instruction of your trainer. Improve your form and technique, building confidence in lifting weights whilst you sculpt your body. Leave the class feeling stronger and more powerful than ever.

### Mediterranean Cuisine

**18:30 - 22:00**

MELATHRON RESTAURANT

**Free of Charge**

Taste delicious food inspired by Mediterranean cuisine in Melathron restaurant’s buffet.

### Hatha Yoga

**19:30 - 20:30**

EAGLES VILLAS GYM

**30€ per person** Max: 6 persons

Enjoy the sounds of the crashing waves and let the beautiful sunset inspire you. Meditate, strengthen your body and release your feelings.

### Live Show

**20:30-21:30**

OPEN AIR THEATER

A heartwarming show for the whole family - meet your most loved characters, not only from Disney and other movies, but also from fairy tales such as “Aladdin”, “Frozen”, “The Beauty and the Beast”, “Cinderella”, “Little Red Ridinghood” and many more.

## FRIDAY

### Eagles Ritual

**08:20 - 09:10**

EAGLES PALACE GYM

**30€ per person** Max: 6 persons

Yoga brings balance, strength and a sense of wellbeing. With the glow of nature surrounding you in our one of a kind space, join us to experience the beauty a meditative practice can bring to you.

### Summer Sculpting

**09:40-10:40**

EAGLES VILLAS GYM

**30€ per person** Max: 6 persons

Create a strong, athletic and powerful body using progressively heavier weights under the careful instruction of your trainer. Improve your form and technique, building confidence in lifting weights whilst you sculpt your body. Leave the class feeling stronger and more powerful than ever.

### Elemis Taster Facial

**11:00 - 12:00**

EAGLES SPA

**Free of Charge** Max Persons: 8

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!

### Off to Thessaloniki we go!

**10:00 - 18:00**

EAGLES PALACE RECEPTION

**80€ per person** Min: 6 persons

Experience an amazing trip to Greece’s most laid back city. Learn everything there is to learn about the long history of Thessaloniki while inhaling stunning scents of flowers and spices from the markets. Stroll around the infamous waterfront where the White Tower is located, try local delicacies and don’t forget to take lots of pictures!

### Wine Tasting

**16:00 - 17:00**

VINUM RESTAURANT

**25 € per person** Max persons: 15

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

## SATURDAY

### Eagles Ritual

**08:20 - 09:10**

EAGLES PALACE GYM

**30€ per person** Max: 6 persons

Yoga brings balance, strength and a sense of wellbeing. With the glow of nature surrounding you in our one of a kind space, join us to experience the beauty a meditative practice can bring to you.

### Eagles Foundation

**09:40 - 10:40**

EAGLES VILLAS GYM

**30€ per person** Max: 6 persons

Your Workout of the Day. Inspired by cross training, expect “EMOMs” and “AMRAPs” as standard and be prepared to dig deep and push hard. The Eagles Foundation combines effective high intensity training and strength work in an encouraging and motivating environment.

### Eagles Family Hiking

**10:00-11:00**

EAGLES PALACE RECEPTION

**10€ per person** Max: 12 persons

Are you looking for a unique outdoor activity perfect for the whole family? Eagles family hiking is definitely the best alternative for a family adventure upon the hills, offering stunning views to Ammouliani and Drenia islands. Take your lunch baskets and make memories that will stay with you and your little ones forever.

### Monastery Life

**16:00 - 16:45**

EAGLES VILLAS TV ROOM

**Free of charge** Max persons: 8

Learn the way of the monk through a series of interactive slides and find out how it really is to live like a monk!

### Summer Sculpting

**18:00 -19:00**

EAGLES VILLAS GYM

**30€ per person** Max: 6 persons

Create a strong, athletic and powerful body using progressively heavier weights under the careful instruction of your trainer. Improve your form and technique, building confidence in lifting weights whilst you sculpt your body. Leave the class feeling stronger and more powerful than ever.

### Greek Authentic Tastes

**18:30 - 22:00**

MELATHRON RESTAURANT

**Free of Charge**

Taste the carefully selected Greek Dishes from all around the country and don’t forget to try ouzo!

### All about Chakras Yoga

**19:30 - 20:30**

EAGLES VILLAS GYM

**30€ per person** Max: 6 persons

Enjoy the sounds of the crashing waves and let the beautiful sunset inspire you. Meditate, strengthen your body and release your feelings.

### Live Music

**20:00-23:00**

EAGLES CLUB

**Free of Charge**

Enjoy your cocktail in the picturesque Eagles Club while listening to your favorite tunes played by our band. Come and dance.

## SUNDAY

### Pétanque

**11:00 - 12:00**

BEACH BAR

**Free of Charge** Max: 6 persons

Experience Pétanque with a Spritz. Start off Sunday with an exciting round of Bocca and round it up with a glass of sparkling. In an elegant ambience we are active and at the same time we celebrate in style a perfect end to the week .

### It’s not all Greek to me!

**16:00 - 16:45**

EAGLES VILLAS TV ROOM

**Free of Charge** Max persons: 8

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!

### Italian Buffet Night

**18:30 - 22:00**

MELATHRON RESTAURANT

**Free of Charge**

With love and respect to authentic Italian cuisine our Chef prepares for you some of the finest pasta, pizza and Italian dishes. Join our buffet for an unforgettable gastronomical experience based on a variety of excellent flavors.

### Family Movie Night

**20:00 - 22:00**

EAGLES VILLAS TV ROOM

**Free of Charge** Max Persons: 15

Bring your family and join us for two hours of entertainment accompanied by delicious beverages and popcorn. Lights, Camera, Action!