

MONDAY

Tennis Taster

08:30 - 09:15

EAGLES TENNIS COURT |
Free of Charge
Max persons:6

Learn how to serve, how to backhand and smash the ball into the opponent's' court with our certified tennis instructor! 15-0!

Olive oil tasting

12:00-12:30

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!

Brazilian Abs n' Hips

17:00-18:00

EAGLES PALACE GYM
25€ per person
Max persons: 8

Tone your abs and hips and enjoy a vigorous workout. Get energetic!

TUESDAY

Eagles Run

08:30 - 09:15

EAGLES PATHS
Free of Charge
Max Persons: 8

Run with us through the pinewoods and olive groves, get unique views of the coastline and get ready to feel more energetic than ever.

Cooking Lesson

15:30 - 16:15

LOFOS 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

17:00 - 18:00

EAGLES VILLAS GYM
25€ per person
Max Persons: 8

Increase your core stability and body flexibility with a Pilates workout combined with a mini ball!

WEDNESDAY

Yogilates

08:30 - 09:15

EAGLES BEACH
Free of Charge
Max Persons: 8

Practice a sequence of exercises that contain the best of Yoga & Pilates techniques and get your juices flowing. Energize your body and stimulate your mind!

Sitting Workout

17:00 - 18:00

EAGLES VILLAS GYM
25€ per person
Max Persons: 8

Work out while seated in a comfortable chair and see your body transforming. Grab your chair and join us!

Discover Athonian Wine

18:30 - 19:30

VINUM WINE CELLAR
18€ per person
Max Persons: 8

Discover the treasures grown on the vineyards of the Mt. Athos monastic community and taste all the different varieties available.

THURSDAY

Aqua Gym

08:30 - 09:15

EAGLES PALACE POOL
Free of Charge
Max Persons: 8

With this workout, you will tone down in a splash! Don't take our word for it though, give it a whirl!

Barista Masterclass

11:30 - 12:30

CABIN BAR
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!

Keep It Summer Simple (K.I.S.S.)

17:00 - 18:00

EAGLES BEACH
30€ per person
Max Persons: 6

Enjoy summer while exercising with music. Learn how to develop your aerobic skills in an easy and simple manner.

FRIDAY

Pilates

08:30 - 9:15

EAGLES PALACE GYM
Free of Charge
Max Persons: 8

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.

Elemis Taster Facial

12:00 - 13:00

EAGLES SPA
Free of Charge
Max Persons: 6

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 training

17:00 - 18:00

EAGLES VILLAS GYM
25€ per person
Max Persons: 8

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

SATURDAY

Circuit Training

08:30 - 09-30

EAGLES PALACE GYM
Free of Charge
Max Persons: 8

If you want to get the most out of your training this summer, incorporate this time-efficient and effective workout program into your regular routine and you'll feel the difference right away!

Yoga Flow

17:00 - 18:00

EAGLES VILLAS GYM
25€ per person
Max Persons: 8

Sunset Cruise

19:00 - 21:00

EAGLES YACHT CLUB
70€ per person
Min Persons: 4
Max Persons: 6

Get ready to sail through the serene Aegean on an unforgettable cruise that will grant you amazing views and an unrivalled sunset!

SUNDAY

Stretching by the Sea

08:30 - 9:15

EAGLES PALACE GYM
Free of charge
Max Persons: 8

No flexibility in your schedule? Rest assured, this stretching routine is quick – and the benefits are plenty! Ready? Streeeeetch

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

17:00 - 18:00

EAGLES PALACE GYM
30€ per person
Max Persons: 8

The magic is in the movements. Whether you are just starting out or you have been training for years, discover workouts that can help you accomplish any goal, from improved health to weight loss or better performance.