



**ASANA YOGA SHALA**  
Only during group / private classes

**ASANA FITNESS PAVILION**  
07.00am to 11.00pm

IG: [@asanafitnessclub](https://www.instagram.com/asanafitnessclub)



TWO SANCTUARIES, ONE PHILOSOPHY:  
to nurture body, mind, and spirit.

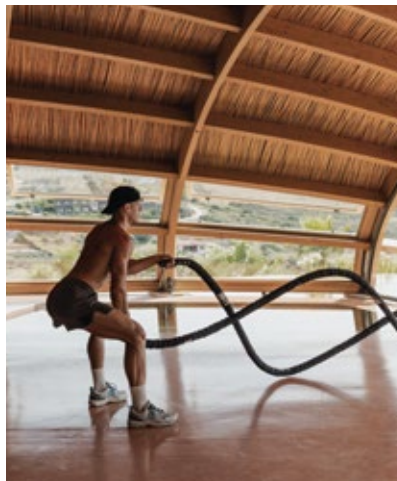


### ASANA YOGA SHALA

Built from natural materials and shaped by sea views, Asana is a simple, grounding space for yoga and Pilates.

### ASANA WELLNESS PAVILION

A refined space for movement, overlooking the sea. Technogym-equipped and guided by a dedicated personal trainer, Asana invites you to train with intention at your own pace.



Become part of a community that moves, breathes, and thrives together.



### MEET OUR TRAINER

**Theo**, Fitness Trainer

Train with Theofilos through a mix of cardio, functional movement, and cross-training, including guided hill runs. Each session is built to gradually strengthen your body, boost endurance, and improve balance.

#### TRAINER'S TIP

Drink water and eat light before training. Afterwards, stretch and give your body time to recover.



### FITNESS CLUB SCHEDULE

#### MONDAY

09.00 - 09.50 Cardio Burst  
10.00 - 11.00 Functional training  
12.00 - 13.00 Cross Training

#### TUESDAY

09.00 - 09.50 Cardio Burst  
10.00 - 11.00 Functional training  
12.00 - 13.00 Cross Training

#### WEDNESDAY

09.00 - 09.50 Cardio Burst  
10.00 - 11.00 Functional Training  
12.00 - 13.00 Cross Training

#### THURSDAY

09.00 - 09.50 Cardio Burst  
10.00 - 11.00 Functional Training  
12.00 - 13.00 Cross Training  
17.00 - 18.00 Core Burn & Stretch  
w/ ILARIO

#### FRIDAY

09.00 - 09.50 Cardio Burst  
10.00 - 11.00 Functional Training  
12.00 - 13.00 Cross Training

#### SATURDAY

09.00 Trail Hill Run  
12.30 - 13.30 Hitt Training w/ ILARIO  
13.45 - 14.45 Core Burn & Stretch  
w/ ILARIO

#### SUNDAY

12.30 - 13.30 Hitt Training w/ ILARIO  
17.00 - 18.00 Core Burn & Stretch w/ ILARIO

 Asana Fitness Club is operating from 07.00am to 11.00pm



## YOGA & PILATES

Experience the essence of yoga at our Asana Shala. Dive into daily classes centered on the foundational elements of the asana practice, each themed to unveil diverse yogic tools for body exploration. Whether standalone or paired with morning or sunset yoga, these sessions offer a complete experience.



### MEET OUR TRAINER

#### NIKOL – YOGA INSTRUCTOR

Nikol brings a mindful approach to movement and holistic wellness, blending Vinyasa, Yin Yoga, meditation, sound healing, and conscious breathwork to create balanced experiences that nurture both body and mind.

### TRAINER'S TIP

Wear something comfortable and let your breath guide you through the practice.

## PRIVATE THERAPIES w/NIKOL

### Reiki | 80€

A gentle energy healing session that supports deep relaxation and helps restore balance in body and mind.

### Soundbath Private | 90€

A one-to-one sound healing session designed to release stress and bring deep relaxation.

### Soundbath Couples | 110€ per couple

A shared sound healing experience for two people, ideal for relaxation and connection.

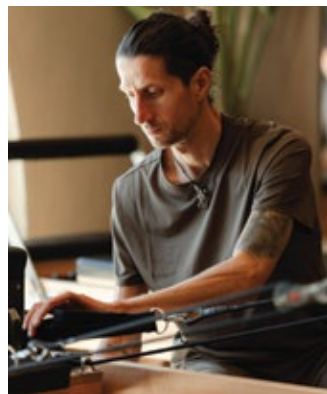
### MEET OUR TRAINER

#### ILARIO – PILATES AND MOBILITY TRAINER

Ilario offers a balanced, restorative approach to movement through Reformer Pilates, mat Pilates, aqua cardio, and mobility sessions. Classes are open to all levels and designed to build strength and flexibility.

### TRAINER'S TIP

Begin with a clear mind and a hydrated body.



## MONDAY

08.00 - 09.00

Vinyasa Flow  
w/ NIKOL

09.30 - 10.30

Slow Flow  
w/ NIKOL

12.30 - 13.30

Pilates Mat  
w/ ILARIO

17.00 - 18.00

Yin-Yin  
w/ NIKOL

18.30 - 19.30

Pranayama &  
Guided Meditation  
w/ NIKOL

## TUESDAY

08.00 - 09.00

Vinyasa Flow  
w/ NIKOL

09.30 - 10.30

Vin-Yin  
w/ NIKOL

11.30 - 12.30

Pilates Mat  
w/ ILARIO

16.00 - 17.00

Yin Yoga  
w/ NIKOL

## WEDNESDAY

08.00 - 09.00

Vinyasa Warrior  
w/ NIKOL

09.30 - 10.30

Slow Flow  
w/ NIKOL

12.30 - 13.30

Pilates Mat  
w/ ILARIO

17.00 - 18.00

Yin Yoga  
w/ NIKOL

18.30 - 19.30

Pranayama  
Guided Meditation  
w/ NIKOL

## THURSDAY

11.30 - 12.30

Pilates Mat  
w/ ILARIO

## FRIDAY

08.00 - 09.00

Vinyasa Warrior  
w/ NIKOL

09.30 - 10.30

Slow Flow  
w/ NIKOL

17.00 - 18.00

Yin Yoga  
w/ NIKOL

18.30 - 19.30

Pranayama  
Guided Meditation  
w/ NIKOL

## SATURDAY

08.00 - 09.00

Vinyasa Flow  
w/ NIKOL

09.30 - 10.30

Slow Flow  
w/ NIKOL

17.00 - 18.00

Vin-Yin  
w/ NIKOL

18.30 - 19.30

Pranayama  
Guided Meditation  
w/ NIKOL

## SUNDAY

08.00 - 09.00

Pilates Mat  
w/ NIKOL

09.30 - 10.30

Slow Flow  
w/ NIKOL

17.00 - 18.00

Vinyasa Flow  
w/ NIKOL

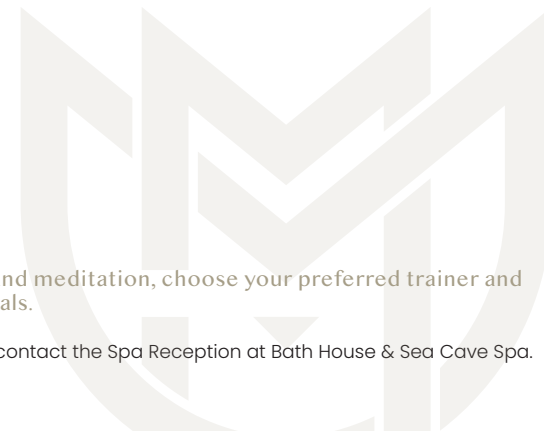
18.30 - 19.30

Yin Yoga  
w/ NIKOL

Designed around you.

From Pilates and weight training to yoga and meditation, choose your preferred trainer and enjoy private sessions tailored to your goals.

For more information and reservations, please contact the Spa Reception at Bath House & Sea Cave Spa.



## Reformer Pilates

Discover a complete body conditioning experience through Reformer Pilates. This dynamic method combines controlled breathing, core stability, and targeted muscle activation to improve posture, exibility, strength, and overall physical wellbeing. Available upon reservation and subject to availability.

## PILATES REFORMER CLASSES

### Cost

**GROUP CLASS: 20€ per person / per session**

**PRIVATE SESSION: 50€ per session**

Limited spots available

Reserve yours by contacting the Spa Reception. **Location Bathhouse**

### MONDAY

08.30 - 09.30  
Aqua Cardio & Tone  
w/ ILARIO | at Sea Cave Spa

10.00 - 11.00  
Reformer Pilates  
w/ ILARIO

11.00 - 12.00  
Reformer Pilates  
w/ ILARIO

### SATURDAY

10.00 - 11.00  
Reformer Pilates  
w/ ILARIO

11.00 - 12.00  
Reformer Pilates  
w/ ILARIO

### TUESDAY

10.00 - 11.00  
Reformer Pilates  
w/ ILARIO

11.30 - 12.30  
Reformer Pilates  
w/ NIKOL

13.30 - 14.30  
Reformer Pilates  
w/ ILARIO

17.00 - 18.00  
Reformer Pilates  
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### SUNDAY

10.00 - 11.00  
Reformer Pilates  
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11.00 - 12.00  
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### WEDNESDAY

08.30 - 09.30  
Aqua Cardio & Tone  
w/ ILARIO | at Sea Cave Spa

10.00 - 11.00  
Reformer Pilates  
w/ ILARIO

11.00 - 12.00  
Reformer Pilates  
w/ ILARIO

### THURSDAY

10.00 - 11.00  
Reformer Pilates  
w/ ILARIO

13.00 - 14.00  
Reformer Pilates  
w/ ILARIO

## Aqua Cardio & Tone

a refreshing, low-impact workout designed to boost cardiovascular fitness while strengthening and toning the entire body. Taking place in the spa pool, this class combines energizing movements with the natural resistance of water for an effective yet gentle exercise experience.

Available upon request and subject to availability

## MEET OUR TRAINER

**Vasilis - RACQUET CLUB COACH**

Meet Vasilis, our tennis & padel coach, offering tailored sessions for all levels—whether you want to improve your game or simply enjoy a fun match with him as your partner.

### COACH'S TIP

Wear sunscreen and enjoy your time on the court!



## Tennis Coaching

Private Coaching Session | 65€ / 60min

Private Coaching Session | 90€ / 90min

Couple - Duo Session | 80€ / 60min

Small Group Coaching (3-4 players) | 90€ / 60min

Sparring Session - Match Play (1 pax) | 60€ / 60min (*intermediate / advanced players*)

## Padel Coaching

Private Padel Coaching | 65€ / 60min

Private Padel Coaching | 90€ / 90min

Couple - Duo Padel Session | 80€ / 60min

Padel Group Coaching (3-4 players) | 90€ / 60min

## Pickleball Coaching

Private Pickleball Coaching | 65€ / 60min

Private Pickleball Coaching | 90€ / 90min

Couple - Duo Pickleball Session | 80€ / 60min

Pickleball Group Coaching (3-4 players) | 90€ / 60min

## TRAINING PACKAGES

Book 3 sessions & enjoy 10% off

Book 5 sessions & enjoy 15% off

Stay committed to your wellness journey while enjoying exclusive savings.

**The use of the courts is free of charge, upon request.**

**For your safety and the best possible training experience, kindly ensure you inform your trainer in case of pregnancy, so that appropriate adjustments can be made to your sessions.**