



SUNRISE YOGA

Embrace the serenity of the morning and ignite your day with our Sunrise Yoga class in Zante. With the island's breathtaking sunrise as your backdrop, our skilled instructors will lead you through invigorating yoga poses, fostering a profound sense of inner peace and balance. Join us for a revitalizing session that harmonizes body and mind, all within the tranquil setting of our hotel.

SUNSET YOGA & MEDITATION

Experience rejuvenation and wellness with our Sunset Yoga & Meditation class in Zante. Enjoy the mesmerizing sunset of our island, while our expert instructors guide you through a holistic yoga and meditation experience. With the sound of waves in the background, immerse yourself in a journey of self-discovery and relaxation, leaving behind stress and revitalizing your spirit.

PILATES

Embark on a journey of wellness and energy with Pilates on the stunning island of Zante! Join us at our serene hotel where expert instructors will tailor personalized Pilates programs just for you. Rejuvenate your body and soul, luxuriating in ultimate relaxation and wellbeing amidst an ambiance that refreshes your senses.

FUNCTIONAL TRAINING

Inspired by Zante's natural beauty, our Functional Training class in paradise blends landscape aesthetics with the power of exercise. Unite body and mind in an exceptional training experience, enjoying workouts tailored to your needs and goals, under the guidance of specialized trainers.

YOGA FAMILY

Create unforgettable memories and foster harmony within your family with our Yoga Family class in Zante. Bond with your loved ones amidst the beauty of our island as our skilled instructors lead you through rejuvenating yoga poses suitable for all ages. Experience the joy of togetherness and wellness, surrounded by the serene ambiance of our hotel.

PILATES FAMILY

Strengthen family bonds while nurturing your bodies and minds with our Pilates Family class in Zante. Join us amidst the beauty of our island for a unique experience tailored for all ages and fitness levels. Our expert instructors will guide you through invigorating Pilates routines, fostering unity and well-being within your family, all within the serene setting of our hotel.

BEACH VOLLEY

Feel the thrill of beach volleyball at our hotel in Zante. Dive into the action on our pristine sandy beaches and enjoy friendly matches with friends and family. Whether you're a beginner or a seasoned player, our courts provide the perfect setting for fun and excitement under the sun.

OLYMPIC FITNESS CHALLENGE

Get ready for action with our Olympic Kids Fitness Challenge class at our hotel in Zakynthos! Children have the opportunity to experience the magic of the Olympic Games through fun fitness exercises and games. Under the supervision of expert trainers, our young athletes will develop strength, flexibility, and teamwork in a safe and enjoyable environment.

