

DAY 1 - 27/9		DAY 2 - 28/9		EXTRA ACTIVATIONS		KIDS AREA DAY 1		KIDS AREA DAY 2		KIDS ALL DAY ACTIVITIES		WELLNESS FOR PETS	
Time	OPEN AIR STAGE	PILATES	ZEN ZONE/YOGA/BREATHWORK	STRENGTH ZONE	BOOTYLICIOUS	MOBILITY ZONE	FITNESS LAB BY TECHNOGYM		SEMINARS	WORKSHOPS			
09:00 - 09:45	Sourisè Yoga by Persefoni accompanied by Live music vibes	Reformer Essentials by Christina Pantazopoulou <i>(Beginners to intermediate)</i>	Sound Healing with Gong by Thundering Cymbals	Just Lift by FUELHOUSE	Glutes Burn by Active Jo	Wake Up Mobility Class by Myrto Petrochilou	-		Self Coaching for Wellness by Ben Shore <i>(English session)</i>	-			
10:00 - 10:45	Cycling by Vassilis Trigonis	Reformer Elevate by Christina Pantazopoulou <i>(Beginners to intermediate)</i>	Be curious of what frees your mind by Bessy Trigka	Functional Training For All, by YAVA Fitness Centers	Bootylicious Delicious by ANTONIA Moisidou <i>(10:00 - 10:20) & (10:30 - 10:50)</i>	Calisthenics for Kids by Kostassidiro - Dimitrios Almanidis - Emilios Pat	Skill G- Row <i>(10:00- 11:00)</i>		The Sleep Reset: Transform Your Nights, Supercharge Your Days by Alex Leigh <i>(English session)</i>	LIFE RESTARTS AT 50 by Erena Gregoratau & Panos Patakias			
							Wellness <i>(10:00- Lab 10:40)</i>						
							Wellness <i>(10:20- Lab 11:00)</i>						
							Wellness <i>(10:40- Lab 11:20)</i>						
11:00 - 11:45	Power Ride by EVERYBODY Athens	Pilates by Corpus	5 Elements Yoga and Chakra's Balance by Erena Grigoratou	Functional Training For All, by YAVA Fitness Centers	Bootylicious Delicious by ANTONIA Moisidou <i>(11:00 - 11:20) & (11:30 - 11:50)</i>	Calisthenics by Kostassidiro - Dimitrios Almanidis - Emilios Pat	Skill G- Row <i>(11:00- 12:00)</i>		Πώς μένω νέος με καλό μεταβολισμό με τη Μαρία Ψωμά	Αληθινή Αυτοαγάπη και Εσωτερική Δύναμη: μια δυνατή, ομαδική Υπνωση για να ξεκλειδώσεις τον Υποσυνείδητου σου Νου με τη Χριστίνα Δρακοπούλου			
							Wellness <i>(11:00- Lab 11:40)</i>						
							Wellness <i>(11:20- Lab 12:00)</i>						
							Wellness <i>(11:40- Lab 12:20)</i>						
12:00 - 12:45	Wild Animal Movement με τον Πάνο Θεοδώρου powered by Easy 97.2 <i>(Για μικρούς και μεγάλους)</i>	Pilate by Corpus	Invite your Spirit back Home by Bessy Trigka	BeWell Fitness Games by Vassilis Trigonis Powered by Megafitness	Myrto Kalogeropoulou <i>(12:30 - 12:50)</i>	Spice Up your Mat by Christina Pantazopoulou	Row Battle Solo Challenge <i>(12:00- 12:30)</i>		Talk on identity by Destiny Jones <i>(English session)</i>	Θα ανακοινωθεί σύντομα			
							Wellness <i>(12:00- Lab 12:40)</i>						
							Wellness <i>(12:00- Lab 13:00)</i>						
							Row Battle Solo Challenge <i>(12:30- 13:00)</i>						
							Wellness <i>(12:40- Lab 13:20)</i>						
13:00 - 13:45	Bodyweight inferno by Dimitris Moros - Powered by FitnessArt	Pilates Reformer For All by Yava Fitness Centers	My flow🕸️for your hips by Maria Maganari	Pure Stamina Camp by Kostas Apostolopoulos Powered by Megafitness	Myrto Kalogeropoulou <i>(13:00 - 13:20) & (13:30 - 13:50)</i>	Acroyoga by Teo Kofidis	Skill G- Row <i>(13:00- 14:00)</i>		The Longevity Market: Health or Wealth Popi Kalaitzi	Superfood or Superhype by Manos Dimitroulis			
							Wellness <i>(13:00- Lab 13:40)</i>						
							Wellness <i>(13:20- Lab 14:00)</i>						
							Wellness <i>(13:40- Lab 14:20)</i>						
14:00 - 14:45	AfroDance by Sofia Spiropoulou	Pilates Reformer For All Yava Fitness Centers	Restorative Yoga by Mariasana	Signature PACE by Myrto Kalogeropoulou	Glutes Training for Super Girls by MARIA RIGA	Acroyoga by Teo Kofidis	Skill G- Row <i>(14:00- 15:00)</i>		Our Breath, the Cold, our Mindset. Discover the pillars of the Wim Hof Method by certified instructor Alkis On The Rocks	Συναισθηματική απελευθέρωση by Paul & Stathia - 1,5 hours			
							Wellness <i>(14:00- Lab 14:40)</i>						
							Wellness <i>(14:20- Lab 15:00)</i>						
							Wellness <i>(14:40- Lab 15:20)</i>						
15:00 - 15:45	BSLS (Big Strength Little Strength) by Nike global performance coach Courtney Fearon	Ballet Flow Pilates (Απευθύνεται σε άντρες & γυναίκες - χορευτές) by Georgiana Theodorou - Danceland Studio Cyprus	My flow🕸️for your heart by Maria Maganari	Perform with Charlotte (@lottiealcelamb)	Booty Burn by Petrina Moschona <i>(15:00 - 15:20) & (15:30 - 15:50)</i>	Mobility Complex by Panos Theodorou	Row Battle Solo Challenge <i>(15:00- 15:30)</i>		Κάνε την Πρόκληση, Πρόσκληση με την Persefoni Aishwarya	Συναισθηματική απελευθέρωση by Paul & Stathia - 1,5 hours			
							Wellness <i>(15:00- Lab 15:40)</i>						
							Wellness <i>(15:20- Lab 16:00)</i>						
							Row Battle Solo Challenge <i>(15:30- 16:00)</i>						
							Wellness <i>(15:40- Lab 16:20)</i>						
16:00 - 16:45	Inclusive dancing experience by OPAP	Stretch Pilates by Mema Pilates	Sound Bath Experience Between of Known and Unknown by Nicolaos Unalome	Weight Calisthenics by Kostassidiro - Dimitrios Almanidis - Emilios Pat	Booty Burn by Petrina Moschona <i>(16:00 - 16:20) & (16:30 - 16:50)</i>	LESMILLS Pilates	Skill G- Row <i>(16:00- 17:00)</i>		The Pace of Wellness: A real talk on fitness, mindset & everyday by Myrto Kalogeropoulou	Discover your real self by Alex Leigh X Destiny Jones . Με ταυτόχρονη μετάφραση			
							Wellness <i>(16:00- Lab 16:40)</i>						
							Wellness <i>(16:20- Lab 17:00)</i>						
							Wellness <i>(16:40- Lab 17:20)</i>						
17:00 - 17:45	LESMILLS Body Attack	Sweat Pilates by Mema Pilates	Sound Bath Experience Between of Known and Unknown by Nicolaos Unalome	HYBRID by Dimitris Moros	-	Pilates Mat by Mandy Persaki	Skill G- Row <i>(17:00- 18:00)</i>		BeWell Start-Up Competition by Panathenea by Panathenea : Presentations & Judging Panel for brands in the health, fitness & wellness industries.	ΜΙΚΡΕΣ ΑΛΛΑΓΕΣ – ΜΕΓΑΛΕΣ ΝΙΚΕΣ Πρακτικοί τρόποι “Επί-Βίωσης” στην καθημερινότητα με τον Κωνσταντίνο Χαραντινώτη			
							Wellness <i>(17:00- Lab 17:40)</i>						
							Wellness <i>(17:20- Lab 18:00)</i>						
							Wellness <i>(17:40- Lab 18:20)</i>						
18:00 - 18:45	LESMILLS <i>(17:45- Dance 18:15)</i> LESMILLS <i>(18:15- Bodycombat19:00)</i>	Pilates by Mandy Persaki	Acroyoga by Teo Kofidis	HIIT The Ground by Ground Zero *Pull Push Power Jump with your Soul Running with your pulse"	Glutes Training by Nadia Mitrellou <i>(18:00 - 18:20) & (18:30 - 18:50)</i>	Box & HIIT by EVERYBODY Athens	Row Battle Solo Challenge <i>(18:00- 18:30)</i>		BeWell Start-Up Competition by Panathenea by Panathenea : Presentations & Judging Panel for brands in the health, fitness & wellness industries.	How to improve your running technique by Nike global performance coach Courtney Fearon			
							Wellness <i>(18:00- Lab 18:40)</i>						
							Wellness <i>(18:20- Lab 19:00)</i>						
							Row Battle Solo Challenge <i>(18:30- 19:00)</i>						
							Wellness <i>(18:40- Lab 19:20)</i>						
19:00 - 19:45	Zero Limits by Ground Zero (Indoor Cycling) <i>(19:15-20:00)</i>	Body Control class with low resistance by Mariele - Pilates and More	Yoga Vinyasa Flow for all by Ion Mangos	Just Lift by FUELHOUSE	Glutes Training by Nadia Mitrellou <i>(19:00 - 19:20) & (19:30 - 19:50)</i>	LESMILLS core <i>(7:00pm - 7:30pm)</i>	Skill G- Row <i>(19:00- 20:00)</i>		Clean Beauty: Πού τελειώνουν τα trends και πού αρχίζει η επιστήμη by Dr Anastasia Tzouma	Energy Orgasm Breathwork by Lalita			
							Wellness <i>(19:00- Lab 19:40)</i>						
							Wellness <i>(19:20- Lab 20:00)</i>						
20:00 - 20:30	Mass Meditation - One Breath, One Heart by Myrto Legaki	No classes - On stage Mass Meditation	No classes - On stage Mass Meditation	No classes - On stage Mass Meditation	No classes - On stage Mass Meditation	No classes - On stage Mass Meditation	No classes - On stage Mass Meditation		No classes - On stage Mass Meditation	No classes - On stage Mass Meditation			
20:30 - 21:00	BEWELL CALISTHENICS CHALLENGE & SHOW hosted by Sakis & Christina with by Kostassidiro - Dimitrios Almanidis - Emilios Pat 1ος κερδίζει 1000 ευρώ 2ος Ένα ταξίδι για δύο με το WorldParty Traveller 3ος Helicopter sightseeing tour για σένα και την παρέα σου (4 άτομα) by Flyhopper	No classes - On stage Challenge	No classes - On stage Challenge	No classes - On stage Challenge	No classes - On stage Challenge	No classes - On stage Challenge	No classes - On stage Challenge		No classes - On stage Challenge	No classes - On stage Challenge			
21:00 - 23:00	Party by Illas Bogdanos & INCO	Party by Illas Bogdanos & INCO	Party by Illas Bogdanos & INCO	Party by Illas Bogdanos & INCO	Party by Illas Bogdanos & INCO	Party by Illas Bogdanos & INCO	Party by Illas Bogdanos & INCO		Party by Illas Bogdanos & INCO	Party by Illas Bogdanos & INCO			

Time	Ποδόσφαιρο με τη Falcons Football Academy by Kostas Katsouranis	Athletics Zone με τον Περικλή Ιακωβάκη και την ομάδα του	Yoga for kids by Flower Kids Yoga School	Reading Corner	Kidchen	OPEN AIR STAGE (Εκτός Kids Corner δραστηριότητες)	MOBILITY ZONE (Εκτός Kids Corner δραστηριότητες)	-
09:00 - 09:45	-	-	-	-	-	-	-	-
10:00 - 10:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	-	-	-	-	Calisthenics for Kids at MOBILITY ZONE by Kostassidiro - Dimitrios Almanidis - Emilios Pat	-
11:00 - 11:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
12:00 - 12:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
13:00 - 13:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
14:00 - 14:45	-	-	-	-	-	-	-	-
15:00 - 15:45	-	-	-	Heroes of Lio reading session by Charis Yiakoumatos	-	-	-	-
16:00 - 16:45	-	-	-	Ανάγνωση Βιβλίου "Ο Υπέροχος Εαυτός Μου" by Booktique	-	-	-	-
17:00 - 17:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
18:00 - 18:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
19:00 - 19:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
20:00 - 20:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	-	-	-	-	-	-
21:00 - 21:30	-	-	-	-	-	-	-	-
21:30 - 23:00	-	-	-	-	-	-	-	-

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09:00 - 09:45	-	-	-	-	-	-	-	-
10:00 - 10:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	-	-	-	-	Calisthenics for Kids at MOBILITY ZONE by Kostassidiro - Dimitrios Almanidis - Emilios Pat	-
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12:00 - 12:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	Wild Animal Movement by Wild Souls για μικρούς και μεγάλους	-	-
13:00 - 13:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	Family Yoga (3-7 ετών)	-	Healthy Cooking Workshop for kids	-	-	-
14:00 - 14:45	-	-	-	Ανάγνωση Βιβλίων από την Κατρίνα Τσάνταλη	-	-	-	-
15:00 - 15:45	-	-	-	Heroes of Lio reading session by Charis Yiakoumatos	-	-	-	-
16:00 - 16:45	-	-	-	Ανάγνωση Βιβλίου "Ο Υπέροχος Εαυτός Μου" by Booktique	-	-	-	-
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20:00 - 20:45	Ποδόσφαιρο	Προγράμματα Στίβου και mini αγώνες	-	-	-	-	-	-
21:00 - 21:30	-	-	-	-	-	-	-	-
21:30 - 23:00	-	-	-	-	-	-	-	-