

GAY YOGA PILATES FITNESS RETREAT MYKONOS **PROGRAM DRAFT 2026** | mykonosactive GAY RETREATS

SAT	SUN	MON	TUE	WED	THU	FRI
Check In and Welcome from 15:00		6:00 Earlybird Run & Swim				6:40 (60 Min) Sunrise Bootcamp
	8:00 (60Min) YOGA	8:00 (60Min) BEACH YOGA	8:00 (60Min) YOGA	8:00 (45Min) HIIT	8:00 (60Min) YOGA	8:00 (60Min) YOGA
	11:00 (45 Min) Introduction to PILATES		11:00 (45Min) Pelvic Floor Pilates	11:00 (30 Min) Smart Ab(ba)s	12:00 HIKING TOUR inkl.	11:00 (45 Min) Pilates Rhythm
					Sand Bootcamp	
		17:00 (30Min) Dance Aerobic	17:30 (45Min) BURN your Legs		and BEACH YOGA	17:30 (30Min) Core Challenge
Welcome Gathering and Apéro-Dinner Night in the Villa	18:00 (60Min) Bootcamp		18:15 (45Min) YOGA	18:00 (60Min) YOGA		18:00 (60Min) YOGA
		From 18:00 Gay Beach Club			19:00 (60Min) Embodiment (Dance and Relaxation)	times may be changed

Yoga | Fitness | Pilates&Dance



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