





EPI SPORTS

Weekly program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9.00-10.00	 COMMUNITY STAND UP PADDLE	 MORNING WAKE UP STRETCHING	 COMMUNITY YOGA	 COMMUNITY PILATES MAT	 COMMUNITY FITNESS BOOTCAMP	 COMMUNITY AQUABIKE	 COMMUNITY YOGA	
10.00-11.00			PRIVATE ACTIVITIES				PRIVATE ACTIVITIES	
11.00-12.00	 PRIVATE ACTIVITIES	 COMMUNITY FITNESS TRAINING		 PRIVATE ACTIVITIES	 COMMUNITY CARDIO FITNESS	 PRIVATE ACTIVITIES		
12.00-1.00	 PRIVATE ACTIVITIES	 PRIVATE ACTIVITIES		 PRIVATE ACTIVITIES	 PRIVATE ACTIVITIES	 PRIVATE ACTIVITIES		 PRIVATE ACTIVITIES
4.00-5.00		 COMMUNITY TENNIS		 COMMUNITY TENNIS	 COMMUNITY TENNIS			
5.00-6.00								
6.00-7.00	 COMMUNITY HIKING	 BIKING & WINE TASTING EXPERIENCE DOMAINE RINAUDO			 COMMUNITY BIKING	 BIKING & WINE TASTING EXPERIENCE DOMAINE FONDUGUES		 PRIVATE ACTIVITIES
7.00-8.00								



SIGNATURE EXPERIENCES
Available upon request – additional charges

- Discover unique experiences during the week:
- Biking & Wine Tasting Domaine Rinaudo
 - Wine Estate Visit Domaine de Fondugues Pradugues

PRIVATE ACTIVITIES AVAILABLE DAILY FROM 8AM
Available upon request – additional charges

- Personal training
- Pilates Reformer
- Pilates mat
- Boxing
- Tennis
- Stand up paddle
- Aquabike
- Beach Bootcamp
- Biking session
- Hiking session
- Aquawalk

COMMUNITY ACTIVITIES
(included)

Designed to bring people together.