

WEEKLY ACTIVITIES SCHEDULE

SIX SENSES
KAPLANKAYA

Six Senses Kaplankaya Sample Weekly Group Activities

Monday	10:00 – 11:00 am	*Beginners Yoga with Dorelal
	2:00 – 2:45 pm	*Spinning Class with Narin
	5:00 – 6:00 pm	*Yin Yoga with Özgür
Tuesday	10:00 – 11:15 am	*Hatha Yoga with Özgür
	3:30 – 4:00 pm	*Barre Class with Narin
Wednesday	10:00 – 11:15 pm	*Hatha Yoga with Özgür
	2:00 – 3:00 pm	*Functional Fitness with Narin
Thursday	10:00 – 11:15 am	*Hatha Yoga with Özgür
	2:00 – 2:45 pm	*Cardio Pilates with Hilal
	3:30 – 4:30 pm	Yoga Nidra with Dorelal
Friday	10:00 – 11:15 pm	*Hatha Yoga with Özgür
	2:30 – 3:30 pm	*Dance with Jakub
	3:30 – 4:30 pm	*Chakra Meditation with Dorelal
Saturday	11:30 – 12:45 pm	*Kundalini Global Yoga with Serra
	3:30 – 4:30 pm	*Functional Fitness with Narin
	5:00 – 6:00 pm	*Yin Yoga with Özgür
Sunday	11:30 – 12:45 pm	*Hatha Yoga with Özgür
	2:00 – 3:00 pm	*Dance with Jakub
	3:30 – 4:30 pm	*Yoga Nidra with Dorelal



* Meeting point for all activities is Six Senses Spa Reception, Maximum eight guests for activities, for more information please contact Spa Reception.

FOOD & BEVERAGE

Monday	8:00 – 11:00 am	*Breakfast at Sage & Sea Restaurant
	12:00 – 7:00 pm	*Snacks & Beverage Service at Library Bar
	12:00 – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
Tuesday	8:00 – 11:00 am	*Breakfast at Sage & Sea Restaurant
	12:00 – 7:00 pm	*Snacks & Beverage Service at Library Bar
	12:00 – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
Wednesday	8:00 – 11:00 am	*Breakfast at Sage & Sea Restaurant
	12:00 – 7:00 pm	*Snacks & Beverage Service at Library Bar
	12:00 – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
Thursday	8:00 – 11:00 am	*Breakfast at Sage & Sea Restaurant
	12:00 – 7:00 pm	*Snacks & Beverage Service at Library Bar
	12:00 – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
Friday	8:00 – 11:00 am	*Breakfast at Sage & Sea Restaurant
	12:00 – 7:00 pm	*Snacks & Beverage Service at Library Bar
	12:00 – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
Saturday	8:00 – 11:00 am	*Breakfast at Sage & Sea Restaurant
	12:00 – 7:00 pm	*Snacks & Beverage Service at Library Bar
	12:00 – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
	7:00 – 8:45 pm	*Turkish League Soccer (Ant & GS) at Game Room
Sunday	8:00 – 15:00 pm	* Late Breakfast at Sage & Sea Restaurant
	12:00 – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
	7:00 – 8:45 pm	*Turkish League Soccer (FB & Göztepe) at Game Room



GROW WITH SIX SENSES – KIDS PROGRAM

Monday	4:00 – 5:00 pm	*Tennis Clinic with Aşan
Tuesday	4:00 – 5:30 pm	*Kids Football with Ali
Wednesday	4:30 – 5:00 pm	*Kick Box with Narin (8-10 age)
Thursday	4:30 – 5:30 pm	*Gymnastic Class with Soner (4-6 age)
Friday	4:30 – 5:30 pm	*Dance Show Class with Jakub (11+age)
Saturday	2:00 – 3:00 pm	*Dance with Jakub (7-9 age)
	4:30 – 5:15 pm	*Kick Box with Narin (11+age)
Sunday	2:00 – 2:30 pm	*Swimming Class with Narin (4+ age)
	3:30 – 4:30 pm	*Gymnastic Class with Soner (7+ age)
	4:30 – 5:15 pm	*Volleyball with Narin (11+age)

