



## WEEKLY ACTIVITIES SCHEDULE

### June 25 - July 1, 2018

#### JUNE 25, MONDAY

9:00 – 9:30 am Chakra Meditation\* / Complimentary

11:00 – 12:00 noon TRX Suspension Training\* / \*\*TL 190

3:00 – 4:00 pm Reformer Pilates\* / \*\*TL 190

7:45 pm Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90

00:30 am Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90

#### JUNE 26, TUESDAY

9:00 – 9:30 am Burn it Down Spinning\* / Complimentary

9:00 am - 5:00 pm Etrim Village Tour / \*\* EUR 490 with tour guide. Please see Fun Stuff for more information.

11:00 – 12:00 noon Sweat + Strength\* / \*\*TL 190

3:00 - 4:00 pm Vinyasa Yoga\* / \*\*TL 190

7:45 pm

Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90

00:30 am

Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90

#### JUNE 27, WEDNESDAY

9:00 – 9:30 am Coastal Walking\* / Complimentary

9:00 - 5:00pm Ancient Wonders Ephesus Tour. / \*\*EUR 490 with car, EUR 3,025 with Helicopter, up to four guests. Please see Fun Stuff for more information.

11:00 – 12:00 noon Hatha Yoga\* / \*\*TL 190

3:00 – 4:00 pm Fit Barre\* / \*\*TL 190

7:45 pm

Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90

00:30 am

Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90

## JUNE 28, THURSDAY

- 9:00 - 5:00pm Etrim Village Tour / \*\* EUR 490 with tour guide. Please see Fun Stuff for more information.
- 9:00 – 9:30 am Six Senses Meditation\* / Complimentary
- 11:00 – 12:00 noon Latino Zumba\* / \*\*TL 190
- 3:00 – 4:00 pm Yoga Nidra\* / \*\*TL 190
- 7:45 pm Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90
- 00:30 am Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90

## JUNE 29, FRIDAY

- 9:00 - 11:00 am From the Farmer Market to the Table by Chef's Guidance. / EUR 100,00 per person. Reservation is required. Tour is available for at least 4 guests attendance
- 9:00 – 9:30 am Meditation\* / Complimentary
- 11:00 -12:00 noon Pranayama (The Mindfulness Breathing)\* / \*\*TL 190
- 3:00 – 4:00 pm Buff Booty Boot Camp\* / \*\*TL 190
- 7:45pm Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90
- 00:30 am Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90

## JUNE 30, SATURDAY

- 9:00 – 9:30 am Connect to Your Core\* / Complimentary
- 11:00 – 12:00 noon Reformer Pilates\* three pax maximum / \*\*TL 190
- 1:00 – 2:00 pm Helicopter Tour. \*\*€ 1,890, maximum for five guests. Please see Fun Stuff for more information.
- 3:00 – 4:00 pm Hatha Yoga\* / \*\*TL 190
- 7:45 pm Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90
- 00:30 am Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90

## JULY 1, SUNDAY

- 9:00 – 9:30 am Pilates Fusion\* / Complimentary
- 11:00 – 12:00 noon Let's Play Basketball\* / \*\*TL 190
- 1:00 – 2:00 pm Helicopter Tour. \*\*€ 1,890, maximum for five guests. Please see Fun Stuff for more information.
- 3:00 – 4:00 pm Yoga Nidra\* / \*\*TL 190
- 7:45 pm Shuttle Boat from Kaplankaya to Gündoğan. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90
- 00:30 am Shuttle Boat from Gündoğan to Kaplankaya. Booking is required. Please contact your GEM at least one day in advance. One way/\*\*TL 90

*All Prices are per person and include VAT.*

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