



**WEEKLY ACTIVITY PROGRAM\***  
**COOK'S CLUB ADAKOY, MARMARIS**

\* ACTIVITIES WITHOUT PRICE ARE FREE OF CHARGE



ACTIVITIES	Monday 09 September	Tuesday 10 September	Wednesday 11 September	Thursday 12 September	Friday 13 September	Saturday 14 September	Sunday 15 September
Early Morning	(08:30) *SUP to Bedir Island	(07:30) Sunrise Yoga (60 min)	(07:30) Morning Yoga (60 Min)	(07:30) Sun Salutation ( Surya Namaskar) and Yoga Practice ( Breath Exercises) (60 Min)	(07:30) Sunrise Yoga (60 min)	(07:30) *Sunrise SUP (with coffee)	(07:30) Morning Yoga (60 min)
	(10:00) * Canoe Tour	(08:30) * SUP to Bedir Island & Paradise Beach	(08:30) * SUP to Bedir Island	(08:30) * SUP to Bedir Island	(08:30) * SUP to Bedir Island & Paradise Beach	(07:30) Morning Yoga (60 Min)	(09:30) *Sup Yoga (60 min)
	(10:30 to 17:00) * Daily Boat Tour	(09:30) *Paddle BALL on Sup (45 min)  (10:00) *Sup Yoga (60 min)	(10:00) * Canoe Tour	(10 :00) * Sup Yoga (60min)	(10:00) * Canoe along the Shore	(10:00) * Canoe Along the Shore  (10:30 to 17:00) *Daily Boat Tour	(11:00) * Canoe Tour
Late Morning		(11:00) * Canoe Tour	(10:30 to 17:00) * Daily Boat Tour	(14:00 ) * Face Yoga (60 Min)	(10:30 to 17:00) * Daily Boat Tour	(11:00) * Face Yoga (60 min)	(11:30) *Breath Exercises and Pranayama & Meditation Full body stretching exercises (60 Min)
	(16:00) * Canoe Trip to Paradise Beach	(14:00) Mat Pilates (60 Min)	(11:00) *Breath Exercises and Pranayama & Meditation Full body stretching exercises (60 Min)	(14:30) * Mixology by the Pool	(11:00) *Breath Exercises and Pranayama & Meditation Full body stretching exercises (60 Min)	(14:00) *Paddle Ball at the Beach (45 min)	
Early Afternoon	(17:00) * DJ Class	(16:00) * Mixology by the Pool	(14:00) Yin Yoga (60 Min)	(15:30) FIFA Tournament (120 Min)	(14:00) Mat Pilates (60 Min)	(14:00) Yin Yoga (60 Min)	(15:00) Mat Pilates (60 Min)
	(18:00) * Sunset Canoe Tour	(16:00) *Canoe Trip to Bedir Island	(17:00) *DJ Class		(16:00) *DJ Class	(18:00) * Sunset Canoe Tour (with drinks)	(15:30) FIFA Tournament (120 Min)
Late Afternoon	(18:30) *Marmaris Sunset Boat Tour	(18:00) * Sunset Canoe Tour (With drinks)	(18:30) * İçmeler Sunset Boat Tour	(18:00) *Sunset Canoe Tour (with drinks)	(18:00) *Sunset Canoe Tour (with drinks)	(18:30) Hatha Vinyasa Yoga (60 Min)	(18:00) *Sunset Canoe Tour (with drinks)
Early Evening	(19:00) *Sunset Mixology	(18:30) Sunset Yoga (60 Min)	(18:30) Hatha Vinyasa Yoga (60 Min)	(18:30) Sunset Yoga (60 Min)	(18:30) Yin Yoga (60 Min)	(18:30) * İçmeler Sunset Boat Tour	(19:00) *Mixology Class --
Evening	(21:00) Beach Cinema "The Terminal"	(21:00-22:30) DJ Live Performance	(21:00-22:30) Jukebox Night	(21:00-22:30) DJ Live Performance	(21:00) Beach Cinema "Bohemian Rhapsody"	(21:00-22:30) DJ Live Performance	(21:00-22:30) DJ Live Performance
DJ Live Set	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)	Morning Vibes(10:00-12:00) Pool Vibes(14:00-16:00)
	Happy Hour (18:00-20:00)	Happy Hour (18:00-20:00)	Happy Hour (18:00-20:00)	Happy Hour (18:00-20:00)	Happy Hour (18:00-20:00)	Happy Hour (18:00-20:00)	Happy Hour (18:00-20:00)
	Night Bar Vibes (22:00-01:30)	Night Bar Vibes (23:00-01:30)	Night Bar Vibes (23:00-01:30)	Night Bar Vibes (23:00-01:30)	Night Bar Vibes (22:00-01:30)	Night Bar Vibes (23:00-01:30)	Night Bar Vibes (23:00-01:30)

THERE IS A LIMIT FOR EACH ACTIVITY, THEREFORE PLEASE SIGN YOUR NAME AT THE RECEPTION