

WEEKLY ACTIVITIES SCHEDULE



February 22 – February 28, 2021

WELLBEING PROGRAM

Monday	February 22	9:00 – 9:30 am	*Intimacy Sexual Wellbeing with Kama Team
		10:00 – 11:15 am	*Hatha Yoga with Özgür
		3:00 – 4:00 pm	*Breath Meditation with Dorelal
		5:00 – 6:00 pm	*Yin Yoga with Özgür
Tuesday	February 23	09:30 – 10:45 am	*Hatha Yoga with Özgür
		1:00 – 1:45 pm	*Boot Camp with Ali
		3:00 – 4:00 pm	*Yoga Nidra with Dorelal
		5:30 – 6:00 pm	*Intimacy Sexual Wellbeing with Kama Team
Wednesday	February 24	9:00 – 9:30 am	*Intimacy Sexual Wellbeing with Kama Team
		10:00 – 11:15 am	*Hatha Yoga with Özgür
		5:00 – 6:30 pm	*Kundalini Global Yoga with Serra
Thursday	February 25	10:00 – 11:15 am	*Hatha Yoga with Özgür
		2:00 – 2:45 pm	*Cardio Pilates with Hilal
		5:30 – 6:00 pm	*Intimacy Sexual Wellbeing with Kama Team
Friday	February 26	9:00 – 9:30 am	*Intimacy Sexual Wellbeing with Kama Team
		10:00 – 11:15 am	*Hatha Yoga with Özgür
		3:00 – 4:00 pm	*Yoga Nidra with Dorelal
		5:00 – 6:00 pm	*Yin Yoga with Özgür
Saturday	February 27	11:30 – 12:30 pm	*Hatha Yoga with Dorelal
		3:00 – 4:00 pm	*Pranayama with Dorelal
Sunday	February 28	11:30 – 12:30 pm	*Hatha Yoga with Dorelal
		3:00 – 4:00 pm	*Yoga Nidra with Dorelal
		5:00 – 6:00 pm	*Yin Yoga with Özgür



* 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	February 22	8:00 am – 11:00 am	*Breakfast at Sage & Sea Restaurant
		12:00 noon – 7:00 pm	*Snacks & Beverage Service at Library Bar
		12:00 noon – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
Tuesday	February 23	8:00 am – 11:00 am	*Breakfast at Sage & Sea Restaurant
		12:00 noon – 7:00 pm	*Snacks & Beverage Service at Library Bar
		12:00 noon – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
Wednesday	February 24	8:45 pm - onwards	*Karaoke Night at Game Room
		8:00 am – 11:00 am	*Breakfast at Sage & Sea Restaurant
		12:00 noon – 7:00 pm	*Snacks & Beverage Service at Library Bar
Thursday	February 25	12:00 noon – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
		8:00 am – 11:00 am	*Breakfast at Sage & Sea Restaurant
		12:00 noon – 7:00 pm	*Snacks & Beverage Service at Library Bar
Friday	February 26	12:00 noon – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
		8:00 am – 11:00 am	*Breakfast at Sage & Sea Restaurant
		12:00 noon – 7:00 pm	*Snacks & Beverage Service at Library Bar
Saturday	February 27	12:00 noon – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
		7:00 pm – 8:45 pm	*Turkish League Soccer (BJK & Denizli) at Game Room
		8:00 am – 11:00 am	*Breakfast at Sage & Sea Restaurant
Sunday	February 28	12:00 noon – 7:00 pm	*Snacks & Beverage Service at Library Bar
		12:00 noon – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
		7:00 pm – 8:45 pm	*Turkish League Soccer (GS&Büyükşehir) at Game Room
		8:00 am – 11:00 am	*Breakfast at Sage & Sea Restaurant
		12:00 noon – 10:30 pm	*All Day Dining at Sage & Sea Restaurant
		7:00 pm – 8:45 pm	*Turkish League Soccer (Trabzon&FB) at Game Room



GROW WITH SIX SENSES – KIDS PROGRAM

Monday	February 22	4:00 – 5:00 pm	*Tennis Clinic with Aşan
Tuesday	February 23	4:00 – 5:30 pm	*Kids Football with Ali
Wednesday	February 24	4:30 – 5:00 pm	*Hair Style with Nilay
Thursday	February 25	4:30 – 5:30 pm	*Gymnastic Class with Soner (4-6 age)
Friday	February 26	4:00 – 4:30 pm	*Face Painting with Leyla
Saturday	February 27	2:00 – 3:00 pm	*Gymnastic Class with Soner (7+ age)
Sunday	February 28	2:00 - 2:30 pm	*Make your own scrub in Alchemy Bar (8+ age)

