

| HOURS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------|--|---------------------------|---------------------------|---------------------------|---------------------------|------------------------------------|------------------------------------|
| 08:00-10:00 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| | | | | | | *Excursion (departure at 09:15) | *Excursion (departure at 09:15) |
| 10:00-13:00 | Physical exercise equipment - Ergotherapy - Hydrotherapy - Reflexology - Kinesiotherapy Therapy gym - Recreational group activity (craftwork, reading) | | | | | | |
| 13:00-14:00 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | |
| 14:00-16:00 | Free time - Relaxation | Free time - Relaxation | Free time - Relaxation | Free time - Relaxation | Free time - Relaxation | Free time - Relaxation | |
| 16:00-19:00 | Physical exercise equipment - Hydrotherapy - Ergotherapy - Kinesiotherapy Neurofeedback - Therapeutic Massage - Counselling Therapy gym - Recreational group activity (craftwork, reading) | | | | | | |
| 19:00 | Free time - Relaxation | Free time - Relaxation | Free time - Relaxation | Free time - Relaxation | Free time - Relaxation | Free time - Relaxation | Free time - Relaxation |
| 20:00 | Evening meal | Evening meal | Evening meal | Evening meal | Evening meal | Evening meal | Evening meal |
| 21:00 | Rest time | Rest time | Recreational evening | Rest time | Rest time | Rest time | Rest time |

**Excursions will be carried out only for groups of at least 7 individuals.*

2nd km of the Old Tripoli - Tegea Provincial Road | P.C. 22100 TRIPOLI
 T: +30 2716 008888 | F: +30 2716 008887
 e-mail: info@palladion-rehab.gr www.palladion-rehab.gr