Ikos Aria

Example Itinerary

activeaway®

Day	Morning	Afternoon	Evening
Saturday - Arrival Day (Arrive Anytime)	Travel day. Please keep your host updated with your arrival details.	Welcome to Ikos Aria. If you selected an optional Active Away transfer, the journey from Kos Airport. Your host will confirm the journey arrangements before departure. Once you arrive, settle in and begin enjoying the resort at your own pace.	**20:30** - Dinner - Flavours
Sunday - Rally Rhythm	**Breakfast** - Enjoy breakfast at your leisure **09:30** - Welcome Meeting - Meet your host and coaching team in the Lobby Bar **10:00-12:00** - Tennis Coaching - Rally Rhythm **12:00-12:15** - Cool Down & Stretch	**13:00** - Lunch - Beach Club **16:30-17:00** - Tennis Masterclass - Warming Up to Win **17:00-19:00** - Tennis Doubles Social - Find Your Rhythm (with coaching tips)	**20:00** - Meet in the Lobby Bar **20:30** - Dinner - Oliva
Monday - Mental Matchplay Mastery	**Breakfast** - Enjoy breakfast at your leisure **10:00-12:00** - Tennis Coaching - Purposeful drills for movement, consistency and pressure patterns **12:00-12:15** - Cool Down & Stretch	**13:00** - Lunch - Fresco **16:30-17:00** - Tennis Masterclass - Mental Matchplay Mastery **17:00-18:00** - Tennis Doubles Social - Serve & Return **18:00-19:00** - Tennis Doubles Social - Mind Over Match	**20:00** - Meet in the Lobby Bar **20:30** - Dinner - Anaya
Tuesday - Transition Triumph	**Breakfast** - Enjoy breakfast at your leisure **09:30-10:00** - Tennis Masterclass - The Art of the Approach **10:00-12:00** - Tennis Coaching - Transition Triumph (approach shots and net movement) **12:00-12:15** - Cool Down & Stretch	**13:00** - Lunch - La Plage **17:00-19:00** - Active Away Continental Cup - Europe versus the Rest of the World	**20:00** - Meet in the Lobby Bar **20:30** - Dinner - Provence

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Day	Morning	Afternoon	Evening
Wednesday - Day Off	**Day Off** - Relax at the resort or explore Kos.	Subject to availability and the resort's driver requirements, the included MINI Countryman Local Drive Adventure is a brilliant way to explore the area.	**20:30** - Please arrange your own me directly with the resort.
Thursday - Doubles Disruption	**Breakfast** - Enjoy breakfast at your leisure **10:00-12:00** - Tennis Coaching - Doubles Disruption (creative patterns and purposeful movement) **12:00-12:15** - Cool Down & Stretch	**13:00** - Lunch - Kriti **16:30-17:00** - Tennis Masterclass - Psychology of Doubles **17:00-19:00** - Tennis Doubles Social - Disrupt & Dominate	**20:00** - Meet in the Lobby Bar **20:30** - Dinner - Ouzo
Friday - Tour Finals	**Breakfast** - Enjoy breakfast at your leisure **09:00-10:30** - Tennis Coaching - Bullseye Battle **10:30-11:00** - Bubbles & Snacks **11:00-13:00** - Tennis Tournament - Active Away Tour Finals	**13:30** - Lunch - Beach Club **17:00-18:00** - Tennis Exhibition - Coaches' Exhibition Match (not included in the participant tennis total) **18:00** - End-of-week presentation	**20:00** - Meet in the Lobby Bar **20:30** - Final Group Dinner - Fresco
Saturday - Departure Day (Depart Anytime)	Enjoy a final breakfast before saying goodbye to the coaches and your fellow players.	Your host will confirm collection details if you selected an Active Away airport transfer. Allow sufficient time for the journey to Kos Airport, plus the appropriate airport check-in time.	Take home new skills, new friendships and plenty of memories from Kos.