

# Easter Programme

Enjoy the Easter programme full of wellness, healing treatments, and longevity for your health and vitality.

## WEDNESDAY 01.04.26

10:00 am - 10:20 am	Aqua Fitness
11:00 am - 11:45 am	Pilates
3:00 pm - 5:00 pm	Tea & Piano
4:00 pm	Sauna infusion: Recharge your energy with icy mint aroma
5:30 pm	Sauna infusion: Relaxation with singing bowls

## THURSDAY 02.04.26

10:00 am - 10:20 am	Aqua Fitness
11:00 am - 11:45 am	Abs, legs, and glutes
4:00 pm	Sauna infusion: Boost your energy with refreshing blood orange
5:00 pm - 6:00 pm	Meet the Team
5:30 pm	Sauna infusion: Relaxation with singing bowls
8:00 pm - 10:00 pm	Live music: Petra Brabencová & piano

## FRIDAY 03.04.26

all day	Easter kids' corner
10:00 am - 10:20 am	Aqua Fitness
11:00 am - 11:45 am	Fascia training
4:00 pm	Sauna infusion: Recharge your energy with eucalyptus-menthol aroma
5:30 pm	Sauna infusion: Relaxation with singing bowls
8:00 pm - 10:00 pm	Live music: Roman Fictum Guitar Pop

## SATURDAY 04.04.26

all day	Easter kids' corner
11:00 am - 11:45 am	Chi-Quong
1:30 pm - 3:30 pm	Walk to Růbezahel Castle (the highest point in Mariánské Lázně)
4:00 pm	Sauna infusion: Awakening of the senses with mountain herbs
5:30 pm	Sauna infusion: Recharge your energy with eucalyptus-menthol aroma
6:00 pm - 8:30 pm	Easter dinner menu
8:00 pm - 10:00 pm	Live music: David Bezoska & Piano
9:00 pm	Sauna infusion: Relaxation with singing bowls

## SUNDAY 05.04.26

all day	Easter kids' corner
7:00 am - 11:00 am	Easter breakfast
11:00 am - 11:45 am	Core, stability, coordination
4:00 pm	Sauna infusion: Awakening of the senses with woodruff aroma
5:30 pm	Sauna infusion: Recharge your energy with icy mint aroma
8:00 pm - 10:00 pm	Live music: Jazz Cakes (Jazz Trio)
9:00 pm	Sauna infusion: Relaxation with singing bowls

## MONDAY 06.04.26

all day	Easter kids' corner
10:00 am - 10:20 am	Aqua Fitness
11:00 am - 11:45 am	Yoga
1:30 pm - 3:30 pm	Walk to the healing springs in the town
4:00 pm	Sauna infusion: Awakening of the senses with spruce needle aroma
5:30 pm	Sauna infusion: Recharge your energy with orange-honey aroma
9:00 pm	Sauna infusion: Relaxation with singing bowls

### LOCATION

- Active pool
- Finnish sauna
- Yoga room
- Hotel reception
- Library Bar
- Restaurant foyer
- Restaurant

SAT 04.04.  
AN EASTER  
GREETING IS  
WAITING FOR  
YOU IN YOUR  
ROOM!