

# Active program

start ▶ YOUR ACTIVE HOLIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 FIT WALKING		08:00 MOBILITY	08:00 FIT WALKING	08:00 STRETCHING	08:00 MOBILITY	08:00 STRETCHING
08:30 SUN SALUTATION	08:30 SUN SALUTATION		08:30 SUN SALUTATION	08:30 SUN SALUTATION	08:30 SUN SALUTATION	08:30 SUN SALUTATION
09:00 POWER YOGA	09:00 POWER YOGA		09:00 POWER YOGA	09:00 POWER YOGA	09:00 POWER YOGA	09:00 POWER YOGA
16:00 PILATES	16:00 PILATES		16:00 PILATES	16:00 PILATES	16:00 PILATES	16:00 PILATES
17:00 ZUMBA		17:00 TOTAL BODY WORKOUT	17:00 LEGS BUMBS & TUMS	17:00 KILLER ABS	17:00 CROSS TRAINING	17:00 H.I.I.T
18:00 HATHA-YIN YOGA	18:00 HATHA-YIN YOGA		18:00 HATHA-YIN YOGA	18:00 HATHA-YIN YOGA	18:00 HATHA-YIN YOGA	18:00 HATHA-YIN YOGA

Punto di ritrovo presso la Yoga Room - 1° piano | Meeting point at Yoga Room - 1st floor | Treffpunkt für das Aktivprogramm ist der Yogaraum – ersten Stock