

Active program

start ► YOUR ACTIVE
HOLIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00 LIGHT CARDIO	9.00 STRETCHING	9.00 MORNING ACTIVATION	9.00 STRETCHING	9.00 MOBILITY	9.00 LIGHT CARDIO	9.00 MORNING ACTIVATION
10.00 HATHA YOGA	10.00 HATHA YOGA	10.00 HATHA YOGA	10.00 VINYASA YOGA	10.00 STRETCHING	10.00 VINYASA YOGA	10.00 HATHA YOGA
11.00 @POOL HYDROBIKE	11.00 @POOL HYDROBIKE	11.00 @POOL HYDROBIKE	11.00 MOBILITY	11.00 @POOL HYDROBIKE	11.00 @POOL HYDROBIKE	11.00 @POOL HYDROBIKE
16.00 TAI CHI PRANAYAMA	16.00 TAI CHI PRANAYAMA	16.00 TAI CHI PRANAYAMA	16.00 TAI CHI PRANAYAMA	16.00 LTB/GAG	16.00 TAI CHI PRANAYAMA	16.00 TAI CHI PRANAYAMA
17.00 @POOL WATER GYM	17.00 @POOL WATER GYM	17.00 @POOL WATER GYM	17.00 LTB/GAG	17.00 @POOL WATER GYM	17.00 @POOL WATER GYM	17.00 @POOL WATER GYM
18.00 VINYASA YOGA	18.00 VINYASA YOGA	18.00 VINYASA YOGA	18.00 HATHA YOGA	18.00 TOTAL BODY	18.00 HATHA YOGA	18.00 VINYASA 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