

Active program

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HOLIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00 HATHA YOGA	10.00 VINYASA YOGA	10.00 MOBILITY	10.00 HATHA YOGA	10.00 VINYASA YOGA	10.00 HATHA YOGA	10.00 VINYASA YOGA
11.00 STRETCHING	11.00 MOBILITY	11.00 STRETCHING	11.00 MOBILITY	11.00 STRETCHING	11.00 MOBILITY	11.00 STRETCHING
15:30 VINYASA FLOW	15:30 MEDITATION	15:30 PILATES	15:30 VINYASA FLOW	15:30 MEDITATION	15:30 VINYASA FLOW	15:30 MEDITATION
16:30 YIN YOGA	16:30 STRETCHING	16:30 GYM BALL	16:30 YIN YOGA	16:30 BREATH WORK	16:30 YIN YOGA	16:30 BREATH WORK
17:30 GYM BALL	17:30 PILATES	17:30 TOTAL BODY	17:30 PILATES	17:30 MOBILITY	17:30 MEDITATION	17:30 MOBILITY

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