

OCÉANO Weekly Program

SAMPLE

- ✓ = included in price
- ☐ = chargeable

Monday

- ✓ Awakening at the sea 8.00 - 8.30 hr Meeting point: Floor 11
- ☐ Aquafitness 12.00- 12.30 hr Registration 24 hr before at the SPA Reception
- ☐ Meridian Streching 16.00 – 16.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM
- ✓ Sunset 18:00 h - 22:00 hr at Rooftop OCEAN 11

Tuesday

- ✓ Awakening at the sea 8.00 - 8.30 hr Meeting point: Floor 11
- ☐ Trekking, depending on the current conditions. Please, inform yourself at the reception
- ☐ Yoga 16.00 – 16.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM
- ✓ Sunset 18:00 h - 22:00 hr at Rooftop OCEAN 11

Wednesday

- ✓ Awakening at the sea 8.00 - 8.30 hr Meeting point: Floor 11
- ☐ Aquafitness 12.00- 12.30 hr Registration 24 hr before at the SPA Reception
- ☐ Meridian Streching 16.00 – 16.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM
- ✓ Sunset 18:00 h - 22:00 hr at Rooftop OCEAN 11

Thursday

- ✓ Awakening at the sea 8.00 - 8.30 hr Meeting point: Floor 11
- ☐ Pilates 12.00 – 12.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM
- ☐ Yoga 16.00 – 16.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM
- ✓ Sunset 18:00 h - 22:00 hr at Rooftop OCEAN 11

Friday

- ✓ Awakening at the sea 8.00 - 8.30 hr Meeting point: Floor 11
- ☐ Nordic Walking 12.00 – 12.50 hr Registration 24 hr before at the SPA Reception
- ☐ Yoga 15.00 – 15.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM
- ✓ Sunset 18:00 h - 22:00 hr at Rooftop OCEAN 11

Saturday

- ✓ Awakening at the sea 8.00 - 8.30 hr Meeting point: Floor 11
- ☐ Yoga 11.00 – 11.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM
- ✓ Sunset 18:00 h - 22:00 hr at Rooftop OCEAN 11

Sunday

- ✓ Sunset 18.00 h – 22.00 hr at Rooftop OCEAN 11

The number of participants in our SPA and yoga programs is limited, please register at the SPA reception the day before. Short-term program changes are possible; please note the current notices & information. Reservations with SPA or F.X Mayr Programs have 5 yoga or meridian stretching classes per week included. Bouldering wall, we are happy to offer with advance notice at the SPA reception (subject to charge) Petanque game, request it at the hotel reception