



ATTIVITA' NATURA & FITNESS

26.06.2017 - 02.07.2017

Si prega di rivolgersi al Ricevimento Spa per la prenotazione almeno 30 minuti prima. Gli orari e le attività potrebbero subire delle leggere variazioni

Bitte reservieren Sie die Aktivitäten am SPA Empfang bis spätestens 30 Minuten vor Anfang des Unterrichts. Der Zeitplan und die Art der Aktivität können leichten Änderungen unterliegen

We kindly ask to book the activities at the Spa reception at least 30 minutes before the starting of the lessons. Activities and timings could be subject to changes

LUNEDI' Montag Monday	MARTEDI' Dienstag Tuesday	MERCOLEDI' Mittwoch Wednesday	GIOVEDI' Donnerstag Thursday	VENERDI' Freitag Friday	SABATO Samstag Saturday	DOMENICA Sonntag Sunday
		Rilassamento & Stretching 9.30-10.00	Qi Gong alla Fenice Rossa 10.00-10.40		Risveglio Muscolare al giardino del Centro 10.00-10.30	
		Red Cord 11.00-11.30		Bender Ball 11.30-12.00	Fit Ball 11.00- 11.30	Pilates 11.00-11.30
		Core stability & Core strength 12.00-12.40			Circuit training 12.00-12.30	Total Body Sculpt 12.00-12.30
Acqua Gym 15.00-15.30	Flexi-Bar 15.00-15.20			Flexi-Bar 15.00-15.20		Kettlebell 15.30-16.00
	Power Pump 16.00- 16.30			GAG 16.00-16.30	Total Abdominal 17.00-17.20	The Zuu Training 16.30-16.50
	Hatha Yoga 18.00-18.40		Yoga for the Back 19.00-19.40	Pilates 17.00-17.30	Soft Stretching alla Fenice Rossa 18.30-19.00	Hatha Yoga 19.00-19.40

Only for experts and trained	Strenuous	Outdoor	Holistic	Water	Soft
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