

## PROGRAMMA DI ESERCIZI | SCHEDULE OF WORKOUTS

URA	PROSTOR	PON   PON	TOR   TUE	SRE   WED	ČET   THUR	PET   FRI	SOB   SAT	NED   SUN
7.00	Fizioterapija - soba 4 Physiotherapy-room 4	JOGA   YOGA	JOGA   YOGA	JOGA   YOGA	JUTRANJA VADBA   MORNING EXERCISES	JOGA   YOGA	-----	-----
9.30	Fizioterapija - soba 4 Physiotherapy-room 4	-----	-----	-----	-----	-----	JOGA   YOGA	JOGA   YOGA
10.30	Termalni center/ Thermal centre	DIHALNE VAJE   BREATHING EXERCISES	DIHALNE VAJE   BREATHING EXERCISES	DIHALNE VAJE   BREATHING EXERCISES	-----	DIHALNE VAJE   BREATHING EXERCISES	DIHALNE VAJE   BREATHING EXERCISES	DIHALNE VAJE   BREATHING EXERCISES
11.30	Bazen / Pool	DIHALNE VAJE   BREATHING EXERCISES	AQUA GYM	DIHALNE VAJE   BREATHING EXERCISES	AQUA GYM	DIHALNE VAJE   BREATHING EXERCISES	AQUA GYM	DIHALNE VAJE   BREATHING EXERCISES
12.30	Termalni center/ Thermal centre							
17.00	Termalni center/ Thermal centre	JOGA   YOGA	JOGA   YOGA	JOGA   YOGA	-----	JOGA   YOGA	JOGA   YOGA	JOGA   YOGA
17.30	Termalni center/ Thermal centre						AQUA GYM	AQUA GYM
18:00	Bazen / Pool					AQUA GYM		
18.30	Bazen / Pool	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	-----	AQUA GYM	AQUA GYM

**LEGENDA:** ■ ■ ■ Vadbe so BREZPLAČNE. / Die Übungen sind KOSTENLOS. / Gli esercizi di allenamento GRATUITI / Exercises are FREE.

■ Hotel Zdravilišče – bazen / pool | ■ Hotel Thermana Park - bazen / pool | ■ Hotel Zdravilišče – fizioterapija soba 4 / physiotherapy room 4 |

### ■ TERMALNI CENTER:

Vsak petek in soboto so bazeni odprti do 23.00; Jeden Freitag un Samstag Schwimmbäder bis 23.00 geöffnet sind;

Ogni venerdì e sabato: le piscine sono aperte fino alle 23.00; Every Friday and Saturday the pools are opened until 23.00.

Pridržujemo si pravico do spremembe programa. / Wir behalten uns das Recht vor das Programm zu ändern. / Ci riserviamo il diritto di cambiamenti del programma. / The right to change the activities programme is reserved.