



Lefay SPA & Fitness

	LUNEDÌ MONDAY	MARTEDÌ TUESDAY	MERCOLEDÌ WEDNESDAY	GIOVEDÌ THURSDAY	VENERDÌ FRIDAY	SABATO SATURDAY	DOMENICA SUNDAY
09.00	Cold Experience	Cold Experience	Risveglio Muscolare <i>Morning Exercise Routine</i>	Cold Experience	Healthy Spine	Risveglio Muscolare <i>Morning Exercise Routine</i>	Cold Experience
11.00	Total Abdominal	Cardio-Boxe	Healthy Spine	Mobility	Pilates	Fitball	Cardio-Boxe
16.00	Elastics	Pilates	Circuit Training	GAG			Stretching
17.00	Aufguss	Aufguss	Aufguss	Aufguss	Aufguss	Aufguss	
						Yoga	
18.00	Sauna Stretching	Sauna Stretching	Sauna Stretching	Sauna Stretching	Sauna Stretching	Aufguss	Aufguss
					Yoga	Yoga	

Effettuate con il Team Lefay SPA. Per prenotare, rivolgersi alla SPA Reception. Le attività possono subire variazioni.
Carried out by the Lefay SPA Team. For reservations, please ask the Lefay SPA Reception. Classes might change.