



Palazzo BelVedere | Montecatini Terme | Tuscany

Weekly holistic movement activities plan

MONDAY

10.00-11.00

Pilates

WEDNESDAY

8.00-8.45

Awakening in the park

9.00-10.00

Yoga

THURSDAY

10.00-11.00

Pilates

FRIDAY

8.00-8.45

Awakening in the park

9.00-10.00

Yoga

SATURDAY

9.00-10.00

Hormonal Gymnastics

SUNDAY

10.00-12.00

Yoga

*The above weekly activities plan is subject to changes at any time, please check with the reservation and spa team at Palazzo BelVedere for the up-to-date version of the plan according to the travel dates. Lessons are led in English and Italian. All above activities are group classes at Euro 25,00 per person per activity. Limited availability, it is requested the reservation.*