

# Lefay Lago Di Garda Sample Weekly Group Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00			Yoga 60min	Relaxation & Stretching 40min	Yoga 60min		
10.00			Meditation 10.10-11.00	Outdoor Circuit Training 40 min	Meditation 10.10-11.00	Muscle Toning 30min	Stretching 30min
11.00	Outdoor Circuit Training 40 min		Perception Walking 11.20-12.20	Postural Gym 30min	Perception Walking 11.20-12.20	Fit Ball 30min	Flexi-Bar 30min
12.00	HIIT Training 30min	Total Abdominal 20min		Core Stability & Core Strength 40min		Total Abdominal 20min	Power Pump 30min
14.00				Stretching dei Meridiani 40min			
15.00	Flexi-Bar 20min		Stretching the Meridians 40min			Total Body Sculpt 30min	
16.00				Qi Gong 70min	Pilates 30min	Power Pump 30min	Pilates 30min
17.00	Stretching 30min	Pilates 30min	Qi Gong with Healing Sounds 50min		Rebounding Max80kg 30min	Bender Ball 30min	HIIT Training 20min
18.00					Soft Stretching 30min		Tai Chi 40min
19.00	Qi Gong with Healing Sounds 40min	Meditation Mindfulness Session 40min			Breathing Workshop 20min		

Only for experts and trained	Strenuous	Holistic	Soft	Outdoor	Water
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Times and activities may slightly vary. In case of bad weather, the activities planned outside will be canceled.