

Lefay Dolomiti Sample Weekly Group Activities

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 change. Limited Availability.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00 - 10.00	Vertical Walk	Walk	Vertical Walk	Walk	Vertical Walk	Walk	Vertical Walk
HOLISTIC*	Stretching of Meridians	Qi Gong	Stretching of Meridians	Qi Gong	Stretching of Meridians	Qi Gong	Stretching of Meridians
11.30 - 12.00	Circuit Training	Total Body Sculpt	Total Abdominal	Power Pump	Mobility	Pilates	HIIT
15.30 - 16.00	Fit Ball	Mobility	Fit Ball	Total Body Sculpt	Fit Ball	Circuit Training	Total Abdominal
17.00 - 17.30	Relax & Stretching	Pilates	Pilates	Pilates	Yoga 50'	Yoga 50'	Relax & Stretching
18.00 - 18.50	Walk	Vertical Walk	Walk	Vertical Walk	Perception Walk	Perception Walk	Walk
19.00 - 19.50					Yin Yoga	Yin Yoga	

Relax	Strength	Holistic	Outdoor
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*For information concerning the time of the holistic activity, please ask at the Spa Reception.