

# Palazzo Fiuggi Sample Weekly Group Activities

|                        | Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|------------------------|--|--|--|--|--|--|
| <b>7:30<br/>8:00</b>   |  | <b>Morning Yoga</b><br>(Yoga studio)                 | <b>Morning Yoga</b><br>(Yoga studio)                 | <b>Morning Yoga</b><br>(Yoga studio)                 | <b>Morning Yoga</b><br>(Yoga studio)                 | <b>Morning Yoga</b><br>(Yoga studio)                 |
| <b>9:00<br/>9:30</b>   |  | <b>Hatha Yoga</b><br>(Yoga studio)                   | <b>Hatha Yoga</b><br>(Yoga studio)                   | <b>Hatha Yoga</b><br>(Yoga studio)                   | <b>Hatha Yoga</b><br>(Yoga studio)                   | <b>Hatha Yoga</b><br>(Yoga studio)                   |
| <b>15:00<br/>15:30</b> | <b>Reaxing Circuit</b><br>(Movement)                 | <b>Reaxing Circuit</b><br>(Movement)                 | <b>Reaxing Circuit</b><br>(Movement)                 | <b>Reaxing Circuit</b><br>(Movement)                 | <b>Reaxing Circuit</b><br>(Movement)                 | <b>Reaxing Circuit</b><br>(Movement)                 |
| <b>17:30<br/>18:00</b> | <b>Reaxing Circuit</b><br>(Movement)                 | <b>Reaxing Circuit</b><br>(Movement)                 | <b>Reaxing Circuit</b><br>(Movement)                 | <b>Reaxing Circuit</b><br>(Movement)                 | <b>Reaxing Circuit</b><br>(Movement)                 | <b>Reaxing Circuit</b><br>(Movement)                 |
| <b>18:00<br/>18:30</b> | <b>Healing Sound<br/>Meditation</b><br>(Yoga studio) | <b>Healing Sound<br/>Meditation</b><br>(Yoga studio) | <b>Healing Sound<br/>Meditation</b><br>(Yoga studio) | <b>Healing Sound<br/>Meditation</b><br>(Yoga studio) | <b>Healing Sound<br/>Meditation</b><br>(Yoga studio) | <b>Healing Sound<br/>Meditation</b><br>(Yoga studio) |