



ATTIVITA' NATURA & FITNESS

2018

Please 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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00 - 09.30			Rilassamento & Stretching 9.10-9.40	Rilassamento & Stretching 9.10-9.40			
9.30 - 10.00							
10.00 - 10.30	Stretching al giardino del Centro		Postural Gym			Risveglio Muscolare alla Fenice Rossa	Stretching al Centro
11.00 - 11.30	Flexi Bar 20 min	Fit Ball	Core Stability & Core Strength	Core Stability & Core Strength		Bender Ball	Water Lefay 10.30-11.00
12.00 - 12.30	Total Abdominal 20 min	Total Body Sculpt	Red Cord		Pilates 12.10-12.40	Total Abdominal 20 min	Fit Ball
15.00 - 15.30	Bender Ball	Circuit Training		Total Abdominal 20 min	Total Body Sculpt	Circuit Training	
15.30 - 16.00							Flexi Bar 20 min
16.00 - 16.30	Power Pump	Pilates					
16.30 - 17.00							The Zuu Training 20 min
17.00 - 17.30	Soft Gym	Soft Stretching		Circuit Training	Power Pump	GAG	Thai Chi 17.30-18.10
18.00 - 18.30			Stretching dei Meridiani 40 min		Soft Gym	Soft Stretching	
19.00 - 19.30			Thai Chi 40 min				

Only for experts and trained	Strenuous	Holistic	Soft	Outdoor	Water
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