












	LUNEDÌ Montag	MARTEDÌ Dienstag	MERCOLEDÌ Mittwoch	GIOVEDÌ Donnerstag	VENERDÌ Freitag	SABATO Samstag
07.45-08.30			MORNING YOGA 			
09.00-12.00			MINDFUL 5 SENSES WALK <i>Outdoor</i> 			
15.00-15.45	YOGA <i>Fitness room</i> 			PILATES <i>Fitness Room</i> 	YOGA <i>Fitness room</i> 	BODYFORMING <i>Fitness room</i> 
16.00-16.45	STRETCHING <i>Fitness room</i> 			MEDITAZIONE SONORA KLANGMEDITATION <i>Fitness room</i> 		STRETCHING <i>Fitness room</i> 