

LUNEDÌ Montag	MARTEDÌ Dienstag	MERCOLEDÌ Mittwoch	GIOVEDÌ Donnerstag	VENERDÌ Freitag	SABATO Samstag
		09.00 – 12.30 Uhr/ore RESPIRA VITA Durchatmen (Atem-Wanderung; Gita del respiro)	08.00 – 08.45 Uhr/ore MIRACLE MORNING (Breathing Exercises, Do-In) Fitness Room	07.45 – 8.00 Uhr/ore IL CAMMINO SULLA RUGIADA Taulaufen Fitness Room	08.00 – 08.45 Uhr/ore MORNING YOGA Fitness Room
14.00 - 14.45Uhr/ore WELL BACK Rückentraining (Esercizi per una schiena sana) Fitness Room			10.00 – 11.00 Uhr/ore ALLENAMENTO FASCIALE Faszien Fit Fitness Room	08.00 – 08.45 Uhr/ore SALUTO DEL SOLE Sonnengruß Fitness Room	09.00 – 13.00 Uhr/ore HIKE & YOGA Outdoor
15.00 – 15.45 Uhr/ore AquaGYM Swimming pool		15.00 – 15.45 Uhr/ore PILATES Fitness Room	15.00 – 17.15 Uhr/ore ForestYOGA Outdoor	09.00 – 12.30 Uhr/ore SHINRIN YOKU (Achtsamkeits-Wanderung; Gita della consapevolezza)	15.00 – 15.45 Uhr/ore AquaGYM Swimming pool
16.00 – 16.45 Uhr/ore RELAX YOGA Fitness Room		16.00 – 16.45 Uhr/ore TOTAL BODY WORKOUT Allenamento completo Fitness Room		15.00 – 15.45 Uhr/ore PILATES Fitness Room	16.00 – 16.45 Uhr/ore CIRCUITO Zirkeltraining Fitness Room
17.00 - 17.45 Uhr/ore MEDITAZIONE SONORA Klang-Meditation Fitness Room		17.00 - 17.45 Uhr/ore YIN YOGA Fitness Room	17.30 - 18.15 Uhr/ore STRETCHING Fitness Room	16.00 – 16.45 Uhr/ore STRETCHING DEI MERIDIANI Meridian-Dehnübungen Fitness Room	

DOSSES VITAL PROGRAMM