

move & explore

Monday		10.00 – 10.45	11.00 – 11.45
07.01.		Faszien-Pilates Pilates-Fasciale Fascia-Pilates	Die Fünf Tibeter® I Cinque Tibetani® The Five Tibetans®
Tuesday		08.30 – 09.15	10.00 – ca. 13.30
08.01.	Frischekick am Morgen Ginnastica per iniziare bene Freshness boost in the morning	Wanderung Camminata Walkingtour	
Wednesday			15.00 – 15.45 16.00 – 16.45
09.01.			Tai-Chi / Qi Gong Meditation Meditazione Meditation
Thursday		08.30 – 09.15	10.00 – 10.45 11.00 – 11.45
10.01.	Tai-Chi / Qi Gong	Meditation Meditazione Meditation	Yoga Experience
Friday		15.00 – 15.45	16.00 – 16.45 17.00 – 17.45
11.01.		Faszien-Pilates Pilates-Fasciale Fascia-Pilates	Übungen Fokus Rücken Esercizi per la schiena Back Exercises Die Fünf Tibeter® I Cinque Tibetani® The Five Tibetans®
Saturday		08.30 – 09.15	10.00 – ca. 14.00
12.01.	Frischekick am Morgen Ginnastica per iniziare bene Freshness boost in the morning	Panoramawanderung Vigiljoch* Camminata Panoramica S.Vigilio* Panoramical Walkingtour Vigiljoch*	
Sunday		08.30 – 09.15	10.00 – 10.45 11.00 – 11.45
13.01.	Aqua Pilates im Schwimmbad Aqua Pilates in piscina Aqua Pilates at the swimming pool	Übungen Fokus Knie Esercizi per le ginocchia Knee Exercises	Die Fünf Tibeter® I Cinque Tibetani® The Five Tibetans®

Treffpunkt für Indoor Aktivitäten: duy Raum | * Treffpunkt am Empfang - Voranmeldung innerhalb 17.00 Uhr des Vortages an der Rezeption erforderlich. **Änderungen vorbehalten**
 Punto d'incontro indoor: sala duy | * Punto d'incontro: ricevimento - Previa prenotazione alla reception entro le ore 17.00 del giorno prima. **Diritti per cambiamenti riservati**
 Meeting place for indoor activities: the duy room | * Meet at the reception desk - Notification necessary one day in advance by 05.00 pm at the reception desk. **Subject to change**