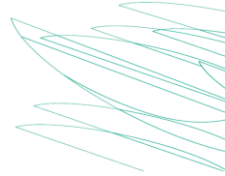




Punta  
Vitality Hotel

## FITNESS PROGRAM MAY & JUNE



	PONEDJELJAK MONTAG MONDAY LUNEDI	UTORAK DIENSTAG TUESDAY MARTEDI	SRJEDA MITTWOCH WEDNESDAY MERCOLEDI	ČETVRTAK DONNERSTAG THURSDAY GIOVEDI	PETAK FREITAG FRIDAY VENERDI	SUBOTA SAMSTAG SATURDAY SABATO	NEDELJA SONNTAG SUNDAY DOMENICA	
7:00h	7:05 - 7:25 <b>AQUA GYM*</b>	7:05 - 7:50 <b>PILATES BASIC*</b>	7:05 - 7:25 <b>AQUA GYM*</b>	7:05 - 7:50 <b>YOGA ABC*</b>	7:05 - 7:25 <b>AQUA GYM*</b>	7:05 - 7:50 <b>YOGA ABC*</b>	7:05 - 7:25 <b>AQUA GYM*</b>	7:00h
	7:30 - 7:55 <b>EASY BREATHING*</b>	7:30 - 7:55 <b>EASY BREATHING*</b>	7:30 - 7:55 <b>EASY BREATHING*</b>	7:30 - 7:55 <b>EASY BREATHING*</b>	7:30 - 7:55 <b>EASY BREATHING*</b>	7:30 - 7:55 <b>EASY BREATHING*</b>	7:30 - 7:55 <b>EASY BREATHING*</b>	
8:00h	8:00 - 8:25 <b>ASK YOUR NUTRITIONIST**</b>	8:00 - 8:45 <b>YOGA VINYASA FLOW**</b>	8:00 - 8:25 <b>ASK YOUR NUTRITIONIST**</b>	8:00 - 8:45 <b>YOGA VINYASA FLOW**</b>	8:00 - 8:45 <b>POWER PILATES**</b>	8:00 - 8:25 (hotel restaurant) <b>ASK YOUR NUTRITIONIST**</b>		8:00h
	8:30 - 8:55 <b>WALK &amp; STRECH*</b>	8:30 - 8:55 <b>NORDIC WALKING*</b>	8:30 - 8:55 <b>WALK &amp; STRECH*</b>	8:30 - 8:55 <b>NORDIC WALKING*</b>	8:30 - 8:55 <b>NORDIC WALKING*</b>	8:30 - 8:55 <b>WALK &amp; STRECH*</b>	8:30 - 8:55 <b>NORDIC WALKING*</b>	
9:00h		9:0 - 9:30 <b>YOGA KIDS**</b>		9:0 - 9:30 <b>YOGA KIDS**</b>				9:00h
10:00h	10:30 - 10:55 <b>FITNESS CheckUp*</b>	10:30 - 10:55 <b>Aqua YogaSup**</b>	10:30 - 10:55 <b>FITNESS CheckUp*</b>	10:30 - 10:55 <b>Aqua YogaSup**</b>	10:30 - 10:55 <b>FITNESS CHECK UP*</b>	10:30 - 10:55 <b>FITNESS CHECK UP*</b>	10:30 - 10:55 <b>FITNESS CHECK UP*</b>	10:00h
11:00h	11:00 - 11:30 <b>Aqua Float PowerFit**</b>		11:00 - 11:30 <b>Aqua Float PowerFit**</b>		11:00 - 11:30 <b>LES MILLS CXWORX</b>	11:00 - 11:30 <b>Aqua Float PowerFit**</b>	11:00 - 11:30 <b>Aqua Float PowerFit**</b>	11:00h
12:00h		12:00 - 12:45 <b>FLYING YOGA**</b>		12:00 - 12:45 <b>FLYING YOGA**</b>				12:00h
13:00h								13:00h
14:00h	14:30 - 15:00 <b>SCHOOL**</b>	14:30 - 15:00 <b>SCHOOL**</b>	14:30 - 15:00 <b>SCHOOL**</b>	14:30 - 15:00 <b>SCHOOL**</b>	14:30 - 15:00 <b>SCHOOL**</b>			14:00h
15:00h								15:00h
16:00h	16:00 - 16:30h** <b>TRX</b>		16:00 - 16:30h** <b>TRX</b>		16:15 - 16:45 <b>AquaFloat Fit* Family</b>	16:00 - 16:30h** <b>TRX</b>	16:15 - 16:45 <b>AquaFloat Fit* Family</b>	16:00h
17:00h					17:00 - 17:30 <b>YOGA KIDS**</b>		17:00 - 17:30 <b>YOGA KIDS**</b>	17:00h
	19:30 - 19:55 <b>EASY BREATHING*</b>	19:30 - 19:55 <b>EASY BREATHING*</b>	19:30 - 19:55 <b>EASY BREATHING*</b>	19:30 - 19:55 <b>EASY BREATHING*</b>	17:30 - 18:15h <b>FLYING YOGA**</b>	19:30 - 19:55 <b>EASY BREATHING*</b>	17:30 - 18:15h <b>FLYING YOGA**</b>	
18:00h	18:30 - 19:15* <b>LES MILLS CXWORX</b>	18:30 - 19:15* <b>LES MILLS BODYPUMP</b>	18:30 - 19:15* <b>LES MILLS CXWORX</b>	18:30 - 19:15* <b>LES MILLS BODYPUMP</b>	18:30 - 19:15h <b>POWER PILATES**</b>		18:30 - 19:15 <b>YOGA VINYASA FLOW**</b>	18:00h
19:00h					19:15 - 20:00 <b>YOGA ABC*</b>		19:15 - 19:55 <b>PILATES BASIC*</b>	19:00h
20:00h								20:00h

\* complimentary access

\*\* surcharge / nadoplata

\*\*\* according to availability / prema raspoloživosti

Hotel reserve the right to change the schedule as necessary / Hotel zadržava pravo promjene rasporeda prema potrebi.

Meeting point / Mjesto sastanka: Vitality Center reception

We recommend, book your activities at least one day before / Preporuka, rezervirajte svoje mjesto dan ranije.