Punta ★★★★ Vitality Hotel

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Fitness program Punta 2019

	PONEDJELJAK MONTAG MONDAY LUNEDI	UTORAK DIENSTAG TUESDAY MARTEDI	SRIJEDA MITTWOCH WEDNESDAY MERCOLEDI	ČETVRTAK DONNERSTAG THURSDAY GIOVEDI	PETAK FREITAG FRIDAY VENERDI	SUBOTA SAMSTAG SATURDAY SABATO	NEDJELJA SONNTAG SUNDAY DOMENICA	
7:00h	7:15 - 7:45 EASY BREATHING*	7:05 - 7:35 YOGA ABC* 7:15 - 7:45 EASY BREATHING* 7:50 - 8:35 YOGA VINYASA FLOW**	7:15 - 7:45 EASY BREATHING*	7:05 - 7:35 YOGA ABC* 7:15 - 7:45 EASY BREATHING* 7:50 - 8:35 YOGA VINYASA FLOW**	7:15 - 7:45 EASY BREATHING*	7:05 - 7:35 YOGA ABC* 7:15 - 7:45 EASY BREATHING* 7:50 - 8:35 YOGA VINYASA FLOW**		7:00h
8:00h	8:00 - 8:25 (hotel restaurant) ASK YOUR NUTRITIONIST* 8:30 - 8:55 WALK& STRECH*	8:30 - 8:55 NORDIC WALKING*	8:00 - 8:25 (hotel restaurant) ASK YOUR NUTRITIONIST* 8:30 - 8:55 WALK& STRECH*	8:30 - 8:55 NORDIC WALKING*	8:00 - 8:25 (hotel restaurant) ASK YOUR NUTRITIONIST* 8:30 - 8:55 WALK& STRECH*	8:30 - 8:55 NORDIC WALKING*		8:00h
9:00h								9:00h
10:00h	10:30 - 10:55 FITNESS CHECK UP*	10:30 - 11:15 FLYING YOGA**	10:30 - 10:55 FITNESS CHECK UP*	10:30 - 11:15 FLYING YOGA**	10:30 - 10:55 FITNESS CHECK UP*	10:30 - 11:15 FLYING YOGA**		10:00h
11:00h	11:00 - 11:30** TRX 11:45 - 12:15** Family Class	11:00 - 11:30** floatfit HIIT 11:30 - 12:00 Aqua YogaSup**	11:00 - 11:30** TRX 11:45 - 12:15** Family Class	11:00 - 11:30** floatfit HIIT 11:30 - 12:00 Aqua YogaSup**	11:00 - 11:30** TRX 11:45 - 12:15** Family Class	11:00 - 11:30** floatfit HIIT	11:00 - 11:30** TRX 11:30 - 11:55 FITNESS CHECK UP*	11:00h
12:00h							12:15 - 12:45* floatfit HIIT	12:00h
13h								13h
14:00h	14:15 - 14:45 SWIMMING SCHOOL**	14:15 - 14:45 SWIMMING SCHOOL**	14:15 - 14:45 SWIMMING SCHOOL**	14:15 - 14:45 SWIMMING SCHOOL**	14:15 - 14:45 SWIMMING SCHOOL**	14:15 - 14:45 SWIMMING SCHOOL**	14:15 - 14:45 SWIMMING SCHOOL**	14:00h
15h								15h
16h								16h
17:00h	17:30 - 18:15 FLYING YOGA**	17:50 - 18:15 FITNESS CheckUp*	17:30 - 18:15 FLYING YOGA**	17:50 - 18:15 FITNESS CheckUp*	17:30 - 18:15 FLYING YOGA**		17:30 - 17:55 EASY BREATHING*	17:00h
18:00h	18:30 - 19:15 POWER PILATES**	18:30 - 19:15* LesMills BODYPUMP	18:30 - 19:15 POWER PILATES**	18:30 - 19:15* LesMills BODYPUMP	18:30 - 19:15 POWER PILATES**			18:00h
19:00h	19:30 - 19:55 PILATES BASIC* 19:30 - 19:55 EASY BREATHING*	19:30 - 19:55 EASY BREATHING*	19:30 - 19:55 PILATES BASIC* 19:30 - 19:55 EASY BREATHING*	19:30 - 19:55 EASY BREATHING*	19:30 - 19:55 PILATES BASIC* 19:30 - 19:55 EASY BREATHING*	19:00 - 19:25 FITNESS CHECK UP* 19:30 - 19:55 EASY BREATHING*		19:00h
20:00h	20:15 - 20:45* LesMills CXWORX		20:15 - 20:45* LesMills CXWORX		20:15 - 20:45* LesMills CXWORX			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.

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