



LIBURNIA  
HOTELS & VILLAS

# FITNESS

*Entertainment Programme*

**More info  
at hotel front office**

## HOTEL ISTRRA

|               | Tuesday            | Wednesday                   | Thursday           | Friday               | Saturday | Sunday          |
|---------------|--------------------|-----------------------------|--------------------|----------------------|----------|-----------------|
| 9:00 - 9:45   | Qi Gong            | SUP Yoga                    | Qi Gong            | SUP Yoga             | Qi Gong  | Sun Salutation  |
| 10:00 - 10:45 | Fit pilates        | Smovey walk                 | Fit pilates        | Smovey walk          |          |                 |
| 11:00 - 11:45 | Strong & Active    | Strong & Active             | Strong & Active    | Strong & Active      |          |                 |
| 12:00 - 12:45 | Nordic walk        |                             | Nordic walk        |                      |          |                 |
| 18:00 - 18:45 | Disco aqua aerobic | Pool biking                 | Latin aqua aerobic | Pool biking          | Aqua Gym | Pool biking     |
| 19:00 - 19:45 | SUP Yoga           | Yoga + Breathing excercises | SUP Yoga           | Yoga under the stars | SUP Yoga | Moon Salutation |

**BESPLATNO / FREE / GRATIS**

Ovaj program može biti podložan promjenama. /  
This programme can be subject to changes.