

FITNESS

Programme

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:30	Sun Salutation	Morning Yoga	Sun Salutation	Morning Yoga	Sun Salutation	Morning Yoga
10:00 - 10:45	QI Gong	SUP Yoga	QI Gong	SUP Yoga		
11:00 - 11:45	Yogilates	Fit Pilates	Yogilates	Fit Pilates		
12:00 - 12:45	Strong & Active	Body workout	Strong & Active	Body workout		
17:00 - 17:45	Smovey walk	QI Gong	Smovey walk	QI Gong		
18:00 - 18:45	Aqua Aerobic*	Pool Biking*	Aqua Tabata*	Pool Biking*	Aqua Noodle*	Pool Biking*
19:00 - 19:45	SUP Yoga	Yoga & Breathing exercises	SUP Yoga	Yoga under the stars	SUP Yoga	Moon Salutation

MEETING POINT: front office, *pool

More info at hotel front office. Participation in the programme is free of charge. / Više informacija na hotelskoj recepciji. Sudjelovanje u programu je besplatno.

Programme can be subject to change. / Program može biti podložan promjenama.

**HOTEL
ISTRA**

LIBURNIA HOTELS & VILLAS

