

OUR SPORTS PROGRAMME IN SUMMER

All our activities are very popular and have a limited number of participants, which is why we recommend an early registration. Subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.00 - 09.00				Yoga Routine + Pranajama	Morning Yoga Flow + Mediataton	Yoga Routine + Pranajama	Balace Routine + Meditation
17.00 - 18.00			Sunset Yoga Flow + Meditation	Balace Routine + Meditation	Sunset Yoga Flow + Meditation	Sunset Yoga Flow + Meditation	