

FITNESS & SAUNA PROGRAM

prokulus
★★★★ Superior

SUNDAY 09/08

FITNESS	08:00 am – 08:30 am	Pilates Aquagarden gymnastics room with Elisa
	08:40 am – 09:10 am	Full Body Workout Aquagarden gymnastics room with Elisa
SAUNA	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Relax infusion VistaVitalExperience Aquagarden
	05:30 pm	Classic infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden

MONDAY 10/08

FITNESS	07:55 am – 08:55 am	Yoga Aquagarden gymnastics room with Annalisa
	10:15 am – 10:45 am	Power Legs, Abs & Glutes Aquagarden gymnastics room with Andrea
	03:40 pm – 04:10 pm	Aquagym Prokulus outdoor pool with Andrea
	04:20 pm – 04:50 pm	Aquagym Aquagarden with Andrea
	05:00 pm – 05:45 pm	Strong Nation (HIIT) Aquagarden gymnastics room with Andrea
	05:50 pm – 06:30 pm	Fit Boxe Adults Aquagarden gymnastics room with Andrea
SAUNA	06:35 pm – 07:00 pm	Fit Boxe Teenie (10-13 y.) Aquagarden gymnastics room with Andrea
	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Relax infusion VistaVitalExperience Aquagarden
	05:30 pm	Classic infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden

*Reservation required by the evening before at the reception

TUESDAY 11/08

FITNESS	07:55 am – 08:55 am	Yoga Aquagarden gymnastics room with Annalisa
	09:50 am – 10:15 am	Little Athletics (5-6 y.) Aquagarden gymnastics room with Andrea
	10:20 am – 10:45 am	Power Kids (7-9 y.) Aquagarden gymnastics room with Andrea
	11:50 am – 12:20 pm	Power Legs, Abs & Glutes Aquagarden gymnastics room with Andrea
	04:20 pm – 04:50 pm	Aquagym Aquagarden with Andrea
	05:00 pm – 05:40 pm	LesMILLS Tone Aquagarden gymnastics room with Andrea
	05:45 pm – 06:30 pm	Zumba Aquagarden gymnastics room with Andrea
	06:35 pm – 07:00 pm	Zumba Teenie (10-13 y.) Aquagarden gymnastics room with Andrea
SAUNA	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Infusion with peeling LumiSonar steam bath Aquagarden
	05:30 pm	Classic infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden

WEDNESDAY 12/08

FITNESS	07:55 am – 08:55 am	Yoga Aquagarden gymnastics room with Annalisa
	10:20 am – 10:45 am	Zumba Teenie (10-13 y.) Aquagarden gymnastics room with Andrea
	12:00 pm – 01:40 pm	Cryotherapy Aquagarden with Coaching (approx. 20 min. per unit, for a fee) *
	04:20 pm – 04:50 pm	Aquagym Aquagarden with Andrea
	05:00 pm – 05:45 pm	Strong Nation (HIIT) Aquagarden gymnastics room with Andrea
	05:50 pm – 06:30 pm	Fit Boxe Adults Aquagarden gymnastics room with Andrea
	06:35 pm – 07:00 pm	Fit Boxe Teenie (10-13 y.) Aquagarden gymnastics room with Andrea
SAUNA	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Relax infusion VistaVitalExperience Aquagarden
	05:30 pm	Classic infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden

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THURSDAY 13/08

FITNESS	07:55 am – 08:55 am	Yoga Aquagarden gymnastics room with Annalisa
	08:30 am – 11:30 am	Ice bath Aquagarden with Patrik (approx. 45 min. per unit, for a fee) *
	11:50 am – 12:30 pm	LesMILLS Tone Aquagarden gymnastics room with Andrea
	12:00 pm – 01:40 pm	Cryotherapy Aquagarden with Coaching (approx. 20 min. per unit, for a fee) *
	04:00 pm – 04:30 pm	Aquagym Prokulus outdoor pool with Andrea
	04:40 pm – 05:10 pm	Aquagym Aquagarden with Andrea
	05:20 pm – 05:50 pm	Power Legs, Abs & Glutes Aquagarden gymnastics room with Andrea
	05:55 pm – 06:35 pm	Piloxing Aquagarden gymnastics room with Andrea
SAUNA	06:35 pm – 07:00 pm	Zumba Kids (7-9 y.) Aquagarden gymnastics room with Andrea
	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Relax infusion VistaVitalExperience Aquagarden
	05:30 pm	„The greatest Showman“ infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden

FRIDAY 14/08

FITNESS	04:20 pm – 04:50 pm	Aquagym Aquagarden with Andrea
	05:00 pm – 05:40 pm	LesMILLS Tone Aquagarden gymnastics room with Andrea
	05:45 pm – 06:30 pm	Zumba Aquagarden gymnastics room with Andrea
	06:35 pm – 07:00 pm	Zumba Kids jr. (4-6 y.) Aquagarden gymnastics room with Andrea
SAUNA	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Infusion with peeling LumiSonar steam bath Aquagarden
	05:30 pm	Classic infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden

SATURDAY 15/08

FITNESS	08:00 am – 08:30 am	Core Stability Aquagarden gymnastics room with Patrik
	10:30 am – 12:10 pm	Cryotherapy Aquagarden with Coaching (approx. 20 min. per unit, for a fee) *
	12:30 pm – 01:00 pm	TRX-Workout Aquagarden gymnastics room with Patrik
	01:05 pm – 01:35 pm	Fascia Aquagarden gymnastics room with Patrik
SAUNA	03:00 pm	Scent journey HarmonyRelax Aquagarden
	04:15 pm	Relax infusion VistaVitalExperience Aquagarden
	05:30 pm	Classic infusion VistaVitalExperience Aquagarden
	06:15 pm	Scent journey HarmonyRelax Aquagarden

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