



# Group Training 12 August - 1 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00					Tabata 30 min		
09:00					Tabata 30 min	Run 45 min	
09:30	Hill Sprint 60 min	TRX Suspension Training 40 min	Run 60 min	TRX Suspension Training 30 min			
09:45						TRX Suspension Training 30 min	
12:00	Hiit 40 min						Hiit 40 min
12:45							Mobility 30 min
14:00		Tabata 30 min		Tabata 30 min			
14:30		Mobility 30 min		Mobility 30 min			
15:00	Tabata 30 min		Hiit 40 min		Hiit 40 min		
16:15		Hiit 40 min	Tabata 30 min	Hiit 40 min			
17:00	Tabata 30 min						
19:00			Pilates 60 min				

All sessions are free for guests staying at the hotel (subject to availability) and begin in the fitness room on the basement level. Contact Spa & Fitness reception to book.