



Group Training June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00			Yoga 60 min				
07:30		Tabata 30 min	Treadmill interval 30 min	Sling training 30 min			
08:00			Sling training 30 min		Tabata 30 min		
09:00	Tabata 30 min					Tabata 30 min	
11:00					Treadmill interval 30 min		Tabata 45 min
12:00	Tabata 30 min	Leg training 30 min		Tabata 30 min			
15:00					Hiit 30 min		
16:00	Hiit 30 min		Treadmill interval 30 min				
16:30	Tabata 30 min		Tabata 30 min				
17:00	Mobility 30 min	Tabata 30 min		Leg training 30 min			
18:00							Yoga 60 min
19:00	Tabata 30 min	Sling training 45 min	Pilates 60 min	Sling training 45 min			

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