

Animation program

	Meeting point	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00	Reception	Individual gym training	Morning yoga	Individual gym training	Morning yoga	Individual gym training	Morning yoga
11:30	Reception	Aqua fit	Pool trick games	Aqua fit	Pool trick games	Aqua fit	Pool trick games
16:00	Reception	Kids recreation	Kids recreation	Kids recreation	Kids recreation	Kids recreation	Kids recreation
17:00	Gym	Base up training	Stretching	Circuit training	Stretching	Base up training	Circuit training

Rainy day:

	Meeting point	RAINY DAY
10:00	Reception	Mini club (age: 4 - 12)
10:30	Reception	Morning exercise (age: 12+)
11:30	Reception	Family games (age: 4+)

Activities are free of charge. Please, be at the meeting point 10 minutes earlier. Taking part in the activities is at your own responsibility.

Animation program for groups

	Meeting point	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00	Reception	Individual gym training	Core training	Individual gym training	Body workout	Individual gym training	Core training
11:30	Reception/pool	Family recreation time	Pool trick games	Family recreation time	Pool trick games	Family recreation time	Pool trick games
16:00	Gym	Base up training	Stretching	Circuit training	Stretching	Base up training	Circuit training
20:30	Pool terrace	Live music	Music box (oldies)	Live music	Music box (retro evening)	Live music	Music box (oldies)

Rainy day:

	Meeting point	RAINY DAY
10:00	Reception	Mini club (age: 4 - 12)
10:30	Reception	Morning exercise (age: 12+)
11:30	Reception	Family games (age: 4+)

Activities are free of charge. Please, be at the meeting point 10 minutes earlier. Taking part in the activities is at your own responsibility.