



# Aktive programme



<b>Monday</b>	9:00 a.m. 2:00 p.m. until 10 p.m.	Aqua aerobics Qi Gong Moonlight sauna
<b>Tuesday</b>	10:00 a.m. 2:00 p.m. 5:35 p.m. 6:15 p.m.	Hatha Yoga Pilates Sauna ceremony Coffee-sugar scrub
<b>Wednesday</b>	10:00 a.m. 2:00 p.m.	Qi Gong meditation
<b>Thursday</b>	10:00 a.m. 2:00 p.m. 5:35 p.m. 6:15 p.m.	Pilates back fitness sauna ceremony papaya scrub
<b>Friday</b>	10:00 a.m. 2:00 p.m.	Hatha Yoga Stretching
<b>Saturday</b>	10:00 a.m.	Fitball
<b>Sunday</b>	9:00 a.m.	Singing bowl meditation

Meeting point:  
Aktiv programme → Wellness reception  
Water aerobics → arcade bathroom