BELLEVUE

HOTEL / LOŠINJ

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BELLEVUE SPA CLINIC

NEW YEAR'S WORKOUT PROGRAMME

28 DECEMBER 2026 – 3 JANUARY 2027

28 DEC MONDAY		**17:30 – 18:00** **Holiday Move & Stretch** A gentle workout combining mobility, stretching and simple full-body exercises. Ideal for loosening up after your journey and a pleasant start to the holiday programme.
29 DEC TUESDAY	**9:00 – 9:30** **Wake Up & Move** A gentle morning workout combining mobility, loosening-up and simple exercises to activate the whole body. Ideal for waking up, getting your energy going and a pleasant start to the day.	**17:30 – 18:00** **Festive Functional Challenge** A fun and dynamic functional workout with simple strength, conditioning and core exercises, plus elements of mini challenges. Suitable for all fitness levels, with the focus on good energy and fun.
30 DEC WEDNESDAY	**9:00 – 9:30** **Morning Body Flow** A gentle morning flow combining mobility, stretching and simple full-body activation exercises. Ideal for a pleasant start to the day and for preparing the body for the day's activities.	**17:30 – 18:00** **NYE Full Body Circuit** A dynamic full-body circuit workout combining strength, conditioning and core exercises. The workout is suitable for all fitness levels.
31 DEC THURSDAY	**9:00 – 9:30** **Morning Energizer** A light yet dynamic morning workout that uses simple movement, coordination and mobility exercises to lift your energy and prepare the body for the day.	**16:00 – 16:30** **Breathe & Reset** Guided breathing techniques with gentle stretching and relaxation exercises. Ideal for slowing down, releasing tension and preparing for New Year's Eve.
1 JAN FRIDAY	**11:00 – 11:30** **Fresh Start Workout** A light but dynamic full-body workout combining mobility, activation and simple functional exercises. The ideal way to get moving and start the new year actively.	**17:30 – 18:00** **Family Workout** A fun workout for adults and children together, with simple exercises, partner games and team challenges. The focus is on spending time together, movement and a great atmosphere for the whole family.
2 JAN SATURDAY	**9:00 – 9:30** **Strong Start** A dynamic full-body workout focused on activation, basic strength exercises and functional movement. A great way to get back into your routine after the New Year holidays.	**17:30 – 18:00** **Sunset Mobility & Relax** A relaxing evening session combining gentle stretching, mobility and relaxation techniques. The focus is on releasing tension and a pleasant end to the day.
3 JAN SUNDAY	**9:00 – 9:30** **Sunday Active Flow** A pleasant Sunday workout linking light cardio, mobility and full-body exercises. Dynamic enough to wake you up, without an intensity that would strain the body.	**17:30 – 18:00** **Evening Mobility Flow** A gentle movement session combining mobility, stretching and controlled breathing. The focus is on releasing tension, flexibility and relaxing after an active day.