

# FITNESS GROUP ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-07:30	NORDIC WALKING complimentary access	INTRODUCTION TO YOGA complimentary access	OUTDOOR FITNESS complimentary access	INTRODUCTION TO YOGA complimentary access	NORDIC WALKING complimentary access	OUTDOOR FITNESS complimentary access	NORDIC WALKING complimentary access
07:30-08:30		SUNRISE YOGA**		SUNRISE YOGA**			
10:00-10:30	HOW TO STRETCH ? complimentary access	FIT WALK complimentary access	WARM UP EXERCISES complimentary access	FIT WALK complimentary access	HOW TO STRETCH? complimentary access	WARM UP EXERCISES complimentary access	HOW TO STRETCH ? complimentary access
10:30-11:15	CIRCUIT TRAINING **	HIGH INTENSITY INTERVAL TRAINING**	CORE & MOBILITY**	HIGH INTENSITY INTERVAL TRAINING**		CORE & MOBILITY**	CIRCUIT TRAINING **
15:00-15:30	ABS ATTACK complimentary access	UPPER BODY WORKOUT complimentary access	ABS ATTACK complimentary access	UPPER BODY WORKOUT complimentary access	CORRECTIVE EXERCISES complimentary access	ABS ATTACK complimentary access	UPPER BODY WORKOUT complimentary access
17:00-17:45	FAT BURNING WORKOUT**	LEGS & GLUTEUS**	FAT BURNING WORKOUT**	LEGS & GLUTEUS**		FAT BURNING WORKOUT**	LEGS & GLUTEUS**
19:30-20:00	CORRECTIVE EXERCISES complimentary access						CORRECTIVE EXERCISES complimentary access
19:30-20:30					SUN DOWN YOGA**		

Za sudjelovanje na satovima Yoge potrebna je najava dan ranije na recepciji SPA Clinic Bellevue / Yoga group activities are available only with a reservation a day before at the Bellevue Spa Clinic reception

Osobni trener na upit / Personal trainer upon request

Radno vrijeme / Working hours : 07:00 – 21:00

\*\* surcharge / nadoplata