

MONDAY

08.30 - 09.30
FUNCTIONAL TRAINING
Lobby

09.15 - 10.15
BRAIN GYM
Nao (€)

11.30 - 12.00
NAO TOUR
Nao

TUESDAY

08.30 - 09.30
FUNCTIONAL TRAINING
Lobby

09.15 - 10.15
ASK YOUR NUTRITIONIST
Mom

10.00 - 11.00
GARDEN TOUR
Lobby

17.00 - 18.00
BRAIN GYM
Nao (€)

17.00 - 18.00
MIXOLOGY WORKSHOP
Nama (€)

18.00 - 19.00
YIN YOGA
Lobby

WEDNESDAY

08.00 - 09.00
STRETCH & BREATHE YOGA
Lobby

12.30 - 14.00
VITALITY & FERMENTATION COOKING CLASS
Mom

18.00 - 19.00
NEURO RESTORE YOGA
Lobby

THURSDAY

08.00 - 09.00
HORMONE YOGA
Lobby

10.00 - 11.00
GARDEN TOUR
Lobby

17.00 - 18.00
FUNCTIONAL TRAINING
Lobby (€)

FRIDAY

08.00 - 09.00
POWER YOGA
Lobby

09.30 - 10.30
BRAIN GYM
Nao (€)

16.30 - 18.30
POTTERY WORKSHOP
Mom (€)

17.30 - 18.30
SOUNDBATH
Nao (€)

SATURDAY

08.30 - 09.30
FUNCTIONAL TRAINING
Lobby

17.00 - 18.00
WINE TASTING
Amar (€)

18.00 - 19.00
YOGALATES
Lobby

18.00 - 19.00
ART TOUR
Lobby

SUNDAY

08.00 - 09.00
HATHA YOGA
Lobby

FLOATING BREAKFAST
daily - upon request