

OCÉANO Weekly Programme

SAMPLE

- ✓ = included in price
- ☐ = chargeable

Monday

- ✓ **Awakening at the sea** 8.00 - 8.30 am / Meeting point: 11th floor
- ☐ **Aqua Fitness*** 12.00 - 12.30 pm / Meeting point: Spa reception
- ☐ **Yoga*** 4.00 - 4.50 pm / Meeting point: Yoga room COHM (2nd floor)

Thursday

- ✓ **Awakening at the sea** 8.00 - 8.30 am / Meeting point: 11th floor
- ☐ **Nordic Walking** 12.00 -12.50 pm / Meeting point: RECEPTION
- ☐ **Yoga*** 4.00 - 4.50 pm / Meeting point: Yoga room COHM (2nd floor)

Tuesday

- ✓ **Awakening at the sea** 8.00 - 8.30 am / Meeting point: 11th floor
- ☐ **Trekking** / Please inform yourself at the reception
- ☐ **Advanced Yoga*** 12.00 - 12.50 pm / Meeting point: Yoga room COHM (2nd floor)
- ☐ **Chi Kung*** 04.00 – 04.50 pm / Meeting point: Yoga room COHM (2nd floor)

Friday

- ✓ **Awakening at the sea** 8.00 - 8.30 am / Meeting point: 11th floor
- ☐ **Aqua Fitness*** 12.00 - 12.30 pm / Meeting point: Spa reception
- ☐ **Yoga*** 4.00 - 4.50 pm / Meeting point: Yoga room COHM (2nd floor)

Wednesday

- ✓ **Awakening at the sea** 8.00 - 8.30 am / Meeting point: 11th floor
- ☐ **Aqua Fitness*** 12.00 - 12.30 pm / Meeting point: Spa reception
- ☐ **Yoga*** 4.00 - 4.50 pm / Meeting point: Yoga room COHM (2nd floor)

Saturday

- ✓ **Awakening at the sea** 8.00 - 8.30 am / Meeting point: 11th floor
- ☐ **Advanced Yoga*** 12.00 - 12.50 pm / Meeting point: Yoga room COHM (2nd floor)
- ☐ **Yoga*** 4.00 - 4.50 pm / Meeting point: Yoga room COHM (2nd floor)

Sunday

- ☐ **Yoga*** 4.00 - 4.50 pm / Meeting point: Yoga room COHM (2nd floor)



***The number of participants for these classes is limited, so please register at the SPA reception at least 24 hours in advance.**

Short-term changes are possible; please note the current notices & information.

Reservations with SPA or F.X Mayr Programs have 5 yoga or meridian stretching classes per week included.

Bouldering wall: We are happy to offer this by appointment at the SPA reception (subject to a charge).