



80 / 20 NUTRITION & ACTIVITY PROGRAM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.00 - 09.00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	<i>0. Floor Eiffel Restaurant</i>						
08.40 - 10.00 Difficulty level ■	Natura Walk	Natura Walk	Natura Walk	Natura Walk	Natura Walk	Natura Walk	Natura Walk
	<i>Lobby</i>						
10.00 - 10.30	Snack	Snack	Snack	Snack	Snack	Snack	Snack
	<i>0. Floor Eiffel Restaurant</i>						
10.00 - 11.00 Difficulty level ■	Restorative Yin Yoga	Breathing and Meditation	Vinyasa Flow	Yoga for Detox	Hatha Flow	-	Mindfulness Meditation
	<i>1st Floor Fitness Studio or Yoga Sala</i>						
12.00 - 12.45 Difficulty level ■	Pilates	Circuit Training	Pilates	Circuit Training	Pilates	-	Circuit Training
	<i>1st Floor Fitness Studio</i>						
13.00 - 14.00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	<i>0. Floor Eiffel Restaurant</i>						
15.00 - 15.45 Difficulty level ■ ■	Aqua Gym ■	Tabata Workout ■	Aqua Gym ■	Tabata Workout ■	Aqua Gym ■	Tabata Workout ■	Aqua Gym ■
	<i>Aqua Gym - Muu Spa (Thalasso Pool) // Tabata Workout 1st Floor Fitness Studio</i>						
16.00 - 16.30	Snack	Snack	Snack	Snack	Snack	Snack	Snack
	<i>0. Floor Eiffel Restaurant</i>						
19.00 - 20.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	<i>0. Floor Eiffel Restaurant</i>						
21.00 - 21.30	Snack	Snack	Snack	Snack	Snack	Snack	Snack
	<i>0. Floor Eiffel Restaurant</i>						

Educational films about health are shown every evening at 20.30 on 4th floor Sharri room.