

MON**TUE****WED****Thu****Fri****Sat****Sun****8¹⁵**

7:30 Ayur-Yoga with Dr. Mishra
(Registration at the reception)

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8:15 Yoga with Raffaella
(Registration at the reception)

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09⁰⁰**10⁰⁰**

Guided Hike with Ignaz

Guided Hike with Ferdinand

Guided Hike with Ferdinand

Guided Hike with Ferdinand

16⁰⁰

**Aqua-Fit
In the indoor pool**

**Aqua-Power
In the indoor pool**

18⁰⁰

18:00 Meditation with Raffaella
(Registration at the reception)

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