PALACE
MERANO

Relax & Balance department
GROUND FLOOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 - 09:00	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching
09:00 - 10:00	Energy Awakening	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching	Energy Awakening	Meditation Breathing Stretching	Energy Awakening
16:00 - 16:45	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates

Outdoor Activity
GROUND FLOOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 - 13:00	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor

Fitness Indoor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17:00 - 17:45	Functional Training Gym	Acquagym Pool	Mobility & Stretching Relax & Balance department	Acquagym Pool	Full Body Workout Gym	Acquagym Pool	Circuit Training Gym