

# OCÉANO Weekly Program

## 29.01.2024 – 04.02.2024

- ✓ = included in price
- ☐ = chargeable

### Monday, 29.01.2024

- ✓ **Awakening at the sea** 07.45 - 8.15 am / Meeting point: 11<sup>th</sup> floor
- ☐ **Aqua Fitness\*** 12.00 - 12.30 pm / Meeting point: Spa reception
- ☐ **Yoga\*** 4.00 - 4.50 pm / Meeting point: Yoga room COHM (2<sup>nd</sup> floor)

### Tuesday, 30.01.2024

- ✓ **Awakening at the sea** 07.45 - 8.15 am / Meeting point: 11<sup>th</sup> floor
- ☐ **Trekking** / Please inform yourself at the reception
- ✓ **Nordic Walking** 12.00 - 12.50 pm / Meeting point: RECEPTION
- ☐ **Chi Kung\*** 4.00 - 4.50 pm / Conference room COHM

### Wednesday, 31.01.2024

- ✓ **Awakening at the sea** 07.45 - 8.15 am / Meeting point: 11<sup>th</sup> floor
- ☐ **Aqua Fitness\*** 12.00 - 12.30 pm / Meeting point: Spa reception
- ☐ **Yoga\*** 04.00 - 04.50 pm / Meeting point: Yoga room COHM (2<sup>nd</sup> floor)
- ✓ **Lecture: Nutrition and Exercise** 6.00 - 06.50 pm / Meeting point: Yoga room COHM (2<sup>nd</sup> floor)

### Thursday, 01.02.2024

- ✓ **Awakening at the sea** 07.45 - 8.15 am / Meeting point: 11<sup>th</sup> floor
- ☐ **Yoga\*** 4.00 - 4.50 pm / Meeting point: Yoga room COHM (2<sup>nd</sup> floor)

### Friday, 02.02.2024

- ✓ **Awakening at the sea** 07.45 - 8.15 am / Meeting point: 11<sup>th</sup> floor
- ☐ **Aqua Fitness\*** 12.00 - 12.30 pm / Meeting point: Spa reception
- ☐ **Yoga\*** 4.00 - 4.50 pm / Meeting point: Yoga room COHM (2<sup>nd</sup> floor)
- ☐ **Salsa\*** 17.30 - 18.30 pm / Meeting point: Yoga room COHM (2<sup>nd</sup> floor)

### Saturday, 03.02.2024

- ✓ **Awakening at the sea** 7.45 - 8.15 am / Meeting point: 11<sup>th</sup> floor
- ☐ **Stretching\*** 4.00 - 4.50 pm / Meeting point: Yoga room COHM (2<sup>nd</sup> floor)

### Sunday, 04.02.2024

- ☐ **Trekking** / Please inform yourself at the reception
- ☐ **Pilates\*** 4.00 - 4.50 pm / Meeting point: Yoga room COHM (2<sup>nd</sup> 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).

Timetable COHM : 08:00 am – 20:00 pm

Please do not reserve sunbeds by the pool

