

OCEANO Weekly Program

16.01.2023 – 22.01.2023

- ✓ = included in price
- ☐ = chargeable

Monday, 16.01.2023

- ✓ **Awakening at the sea** 8.00 - 8.30 hr Meeting point: Floor 11
- ☐ **Aquafitness Spa** 12.00 - 12.30 hr Registration 24 hr before at the SPA Reception
- ☐ **Yoga** 16.00 - 16.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM.

Tuesday, 17.01.2023

- ✓ **Awakening at the sea** 8.00 - 8.30 hr Meeting point: Floor 11
- ☐ **Trekking, depending on the current conditions.** Please, inform yourself at the reception.
- ☐ **Advanced Yoga** 12.00 - 12.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM.
- ☐ **Yoga** 16.00 - 16.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM

Wednesday, 18.01.2023

- ✓ **Awakening at the sea** 8.00 - 8.30 hr Meeting point: Floor 11
- ☐ **Aquafitness Spa** 12.00 - 12.30 hr Registration 24 hr before at the SPA Reception
- ☐ **Yoga** 16.00 - 16.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM
- ✓ **Nutrition Tips and Exercise Recommendations** 17.00 - 17.45 hr Meeting point: COHM

Thursday, 19.01.2023

- ✓ **Awakening at the sea** 8.00 - 8.30 hr Meeting point: Floor 11
- ✓ **Nordic Walking** 12.00 - 12.50 hr Registration 24 hr before at the SPA Reception / Meeting point: RECEPTION
- ☐ **Yoga** 16.00 - 16.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM

Friday, 20.01.2023

- ✓ **Awakening at the sea** 8.00 - 8.30 hr Meeting point: Floor 11
- ☐ **Aquafitness Spa** 12.00 - 12.30 hr Registration 24 hr before at the SPA Reception
- ☐ **Yoga** 16.00 - 16.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM

Saturday, 21.01.2023

- ✓ **Awakening at the sea** 8.00 - 8.30 hr Meeting point: Floor 11
- ☐ **Advanced Yoga** 12.00 - 12.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM.
- ☐ **Dance Fit** 16.00 - 16.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM

Sunday, 22.01.2023

- ☐ **Aquafitness Spa** 12.00 - 12.30 hr Registration 24 hr before at the SPA Reception
- ✓ **Introduction Spa** 15.00 - 15.50 hr Registration 24 hr before at the SPA Reception
- ☐ **Stretching** 16.00 - 16.50 hr Registration 24 hr before at the SPA Reception / Meeting point: COHM



The number of participants in our SPA and yoga programs is limited, please register at the SPA reception the day before. Short-term program 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 with advance notice at the SPA reception (subject to charge)

Please do not reserve sunbeds by the pool