

# EXAMPLE SCHEDULE WINTER 2022 - 2023



## Fitness categories

- Fitness body + mind
- Fitness
- Health/Nutrition
- Relax/Wellness

### EXAMPLE: SCHEDULE WINTER FIT 2022

	MON	TUES	WEDN	THURS	FRI	SAT	SUN
08:00	<b>YOGA</b> SUNSLUTATION BODY&MIND	<b>MEDITATION</b> RELAX	<b>YOGA</b> SUNSLUTATION HEALTH	<b>STRETCHING</b>	<b>YOGA</b> SUNSLUTATION BODY&MIND	<b>MEDITATION</b> RELAX	<b>YOGA</b> SUNSLUTATION BODY&MIND
09:00	<b>FOODSTATION</b> RESTAURANTE NUTRITION	<b>FOODSTATION</b> RESTAURANTE NUTRITION	<b>NORDIC</b> WALKING -HEALTH-	<b>FOODSTATION</b> RESTAURANTE NUTRITION	<b>FOODSTATION</b> RESTAURANTE NUTRITION	<b>FOODSTATION</b> RESTAURANTE NUTRITION	<b>VITAL</b> WALKING BODY&MIND-
10:30	<b>PILATES</b> BODY+MIND	<b>BALANCE</b> VITAL HEALTH		<b>FASCIA FIT</b> FITNESS	<b>PILATES</b> BODY+MIND	<b>POOLGYM</b> FREESTYLE -HEALTH-	
11:30	<b>POOLBIKE</b> AQUACYCLING -HEALTH-	<b>PILOXING</b> FITNESS	* ZUMBA FITNESS	<b>POOLBIKE</b> AQUACYCLING -HEALTH-	<b>STEP + TONE</b> FITNESS	<b>POOLGYM</b> FREESTYLE -HEALTH-	<b>PILOXING</b> FITNESS
12:15		<b>AQUA GYM</b> HEALTH	<b>AQUA GYM</b> HEALTH		 ZUMBA AQUA ZUMBA	<b>POOLGYM</b> FREESTYLE -HEALTH-	<b>AQUA GYM</b> HEALTH
14:30	<b>FASCIA</b> MASSAGE FITNESS	<b>YOGA NIDRA</b> RELAX	<b>FASCIA</b> MASSAGE FITNESS	<b>YOGA NIDRA</b> RELAX	<b>FASCIA</b> MASSAGE FITNESS	<b>YOGA NIDRA</b> RELAX	<b>FASCIA</b> MASSAGE FITNESS
15:00:00	<b>HEALTHY BACK</b> HEALTH	<b>SUP YOGA</b> STAND UP PADDEL YOGA -BODY + MIND-	<b>YOGA</b> BODY+MIND	<b>PILATES</b> BODY+MIND	<b>HEALTHY BACK</b> HEALTH	<b>YOGA</b> BODY+MIND	<b>PILATES</b> BODY+MIND
16:00:00	<b>SLINGTRAINING</b> OUTDOORGYM FITNESS		<b>WELLNESS</b> WORKOUT BODY&MIND	<b>SLINGTRAINING</b> OUTDOORGYM FITNESS	<b>WELLNESS</b> WORKOUT BODY&MIND	<b>WELLNESS SPECIAL</b> SAUNA RITUAL+ WELLNESS TREATMENTS	<b>SLINGTRAINING</b> OUTDOORGYM FITNESS
16:15	<b>SAUNA RITUAL</b> EVENT AUFGUSS	<b>SAUNA RITUAL</b> RELAX AUFGUSS	<b>SAUNA RITUAL</b> EVENT AUFGUSS	<b>SAUNA RITUAL</b> RELAX AUFGUSS	<b>SAUNA RITUAL</b> EVENT AUFGUSS	<b>WELLNESS SPECIAL</b> SAUNA RITUAL+ WELLNESS TREATMENTS	<b>SAUNA RITUAL</b> RELAX AUFGUSS
17:00:00	<b>COREFIT</b> HEALTH	<b>SPINNING</b> FITNESS	<b>FASCIA FIT</b> FITNESS	<b>SPINNING</b> FITNESS	<b>COREFIT</b> HEALTH	<b>WELLNESS SPECIAL</b> RELAX MEDITATION	<b>FASCIA FIT</b> FITNESS
18:00- 20.00 GYM	ASSISTED TRAINING AND FITNESS TESTS ON DEMAND IN THE GYM						