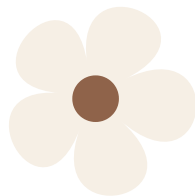


# May



*move. relax. flow*



## Saturday

8:00

Yin Yoga

16:00

Core Crusher

16:30

Vinyasa Yoga

## Friday

8:00

Flow Yoga

16:00

Pilates

16:30

Ashtanga Yoga

## Wednesday

8:00

Vinyasa Yoga

16:00

Booty Burner

16:30

Flow Yoga

## Thursday

8:00

Ashtanga Yoga

16:00

Dance workout

(Regen)

or Aqua Fitness

(Sonne)

16:30

Hatha Yoga

## Tuesday

8:00

Hatha Yoga

16:00

HIIT

16:30

Yin Yoga

## Friday

5:00 PM

Welcome Cocktail  
with Maria & Kristina  
Lounge or Pool



## Superfood Breakfast

Proteins

Vegetarian, vegan,  
experimental  
in the apartment,  
buffet or  
Floating breakfast  
7:00 – 10:00 AM



## Yoga Retreats

spring & autumn



## Öffnungszeiten

Pool 7:30 AM – 7:30 PM

Gym 24/7

Sauna

3:00 PM – 9:00 PM



## Massage times

Tuesday to Saturday,  
available at: 11:00 AM, 2:00 PM, 3:00 PM, and 5:00 PM

**Who? Kristina**, our trained health coach  
and masseuse, will tailor each treatment  
individually to your needs.

**Book now** anytime conveniently via  
our guest app **SAM** or at the reception.

## Massages

30%  
OFF

## Note!

All yoga and fitness classes are  
**included** in the price!  
Registration via the guest app SAM  
or at the reception!  
**Meeting point:** gym or outdoor  
yoga area!

