

SCHEDULE OF DAILY ACTIVITIES

PROGRAMMA SPORTIVO

AKTIVPROGRAMM



SUNDAY DOMENICA SONNTAG	MONDAY LUNEDÌ MONTAG	TUESDAY MARTEDÌ DIENSTAG	WEDNESDAY MERCOLEDÌ MITTWOCH	THURSDAY GIOVEDÌ DONNERSTAG	FRIDAY VENERDÌ FREITAG	SATURDAY SABATO SAMSTAG
	8.00am to 9.00am		8.00am to 9.00am		8.00am to 9.00am	
	Wake up Flow Yoga Yoga Room 		Wake up Flow Yoga Yoga Room 		Wake up Flow Yoga Yoga Room 	
	9.30am to 10.30am		9.30am to 10.15am		9.30am to 10.30am	
	Qigong Yoga Room 		Breathwork Workshop Yoga Room 		Pilates Mat: Legs and Core Yoga Room 	
			10.30am to 11.30am			
			Bodyforming Yoga Room 			
	4.15pm to 5.15pm	4.15pm to 5.15pm		4.15pm to 5.15pm		
	Pilates Mat: Legs and Core Yoga Room 	Deep Flow Yoga Yoga Room 		Pilates Mat: Legs and Core Yoga Room 		
	5.30pm to 6.00pm	5.30pm to 6.00pm	5.30pm to 6.00pm	5.30pm to 6.00pm	5.30pm to 6.00pm	
	Mobility and Stretch Yoga Room 	Stretch and Release Yoga Room 	Mobility and Stretch Yoga Room 	Restorative Stretch Yoga Room 	Stretch and Release Yoga Room 	
	6.15pm to 6.30pm	6.15pm to 6.30pm	6.15pm to 6.30pm	6.15pm to 6.30pm	6.15pm to 6.30pm	6.00pm to 8.00pm
	Mindful Sauna Infusion Finnish Sauna	Intense Sauna Infusion Finnish Sauna	Classic Sauna Infusion Finnish Sauna	Alpina Birch Sauna Infusion Finnish Sauna	Classic Sauna Infusion Finnish Sauna	Sauna Scrub Steam Bath
7.15pm to 7.30pm		7.15pm to 7.30pm		7.15pm to 7.30pm		
Classic Sauna Infusion Finnish Sauna		Classic Sauna Infusion Finnish Sauna		COMO Shambhala Sauna Infusion Finnish Sauna		

CLASS DESCRIPTION

Pilates Mat: Legs and Core

An energising Pilates mat class, designed to target for the legs and core to improve strength, flexibility, and coordination.

Bodyforming

An indoor training class combining dynamic balance, strength and coordination for the whole body.

Wake up Flow Yoga

An active morning yoga practice to invigorate body and mind. The class begins with sun salutations and moves into additional asanas that shake off sleepiness, stretch out stiff muscles and focus your mind.

Deep Flow Yoga

An active practice that aims to release mental and physical tension. The class will help to bring awareness to subtle energies while strengthening the abdominal muscles.

Revitalising Yoga Class

An active yoga sequence to increase stamina, endurance, mobility and strength. The class will assist to elongate muscles, strengthen joints and stabilise the core.

Breathwork Workshop (Pranayama)

Discover the art of yogic breathing (pranayama), which guides meditation and helps to optimise health by increasing oxygen flow throughout the body.

Mobility and Stretch

This session helps to release muscle tightness, increase range of motion and flexibility.

Stretch and Release

A full body warm-up and gentle stretching from neck and shoulders down to your toes, breathing into each of the muscle groups, leaves you feeling rejuvenated and peaceful.

Restorative stretch

This class consists of a series of long-held, passive floor stretches that mainly work the lower part of the body – the hips, pelvis, inner thighs, lower spine. It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body and the meridians.

Qigong

Focuses on the Oriental tradition of moving and breathing. This class helps to loosen the fascia and increase energy into the body's meridians. This is a therapeutic practice that will leave you with a feeling of peace and vitality



Sauna Infusion

It is an eight to fifteen-minute ritual that entails delicately pouring water over the heated stones. Snowballs, infused with our essential oil blend, are gently placed upon the stones, while the 'Aufgussmeister' skillfully guides the warm, aromatic steam through rhythmic movements, harmonizing with the melodic sounds of instrumental beats. The benefits are aplenty, ranging from stress and inflammation reduction to an enhancement of immune function, providing ultimate relaxation.

Mindful Sauna Infusion

Helps to purify body and mind with the four elements, essential oils and mindful breathing techniques.

COMO Shambhala Sauna Infusion

Uses our signature scent of Invigorate a blend of invigorating eucalyptus and peppermint and soothing lavender and geranium.

Alpina Birch Sauna Infusion

Uses local fresh damp birch leaves that are used for tapping the body which helps to reduce tension and stimulates the blood circulation.

Sauna scrub

Brightens skin, remove dead skin cells and improve blood circulation.

All our Sauna Infusion takes place in the Finnish sauna in our Wellness Area