

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	
	Wake up Flow Yoga Location here				Wake up Flow Yoga Location here	
	9.30am to 10.30am		9.00am to 10.00am		9.30am to 10.30am	
	Pilates Mat: Legs and Core Location here		Revitalising Yoga Location here		Qigong Location here	
	11.00am to 12.00pm		10.30am to 11.30am		11.00am to 12.00pm	
	Bodyforming Location here		Pilates: Mat Postural Alignment Location here		Body Forming Location here	
		4.15pm to 5.15pm		4.15pm to 5.15pm		
		Deep Flow Yoga Location here		Pilates Mat: Legs and Core Location here		
	5.30pm to 6.00pm	5.30pm to 6.00pm	5.30pm to 6.00pm	5.30pm to 6.00pm		
	Mobility and Stretch Location here	Stretch and Relax Location here	Mobility and Stretch Location here	Restorative Stretch Location here		
	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
	COMO Shambhala Sauna Infusion Location here	Mindful Sauna Infusion Location here	Classic Sauna Infusion Location here	Alpina Birch Sauna Infusion Location here		Sauna Scrub Location here
7.15pm to 7.30pm		7.15pm to 7.30pm		7.15pm to 7.30pm		
Classic Sauna Infusion Location here		Classic Sauna Infusion Location here		Intense Sauna Infusion Location here		

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.

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.

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.

Mindful Sauna Infusion

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

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

