

ANIMATION PROGRAM

OCTOBER

EN

ANIMATIONPROGRAMM

OKTOBER

DE

MONDAY

8.30-9.00 Water aerobics, indoor pool

TUESDAY

8.30-9.00 Water aerobics, indoor pool

11.45-12.15 Stretching exercises in the bioenergetic park, meeting point at the reception

12.30-14.00 Recreational walk through the Strunjan cross, meeting point at the reception

WEDNESDAY

8.30-9.00 Water aerobics, indoor pool

THURSDAY

8.30-9.00 Water aerobics, indoor pool

FRIDAY

13.15-14.00 Stretching exercises in the bioenergetic park, meeting point at the reception

19.00 Bingo for all generations, meeting point at the reception

SATURDAY

8.30-9.00 Water aerobics, indoor pool

MONTAG

8.30-9.00 Wassergymnastik, Hallenbad

DIENSTAG

8.30-9.00 Wassergymnastik, Hallenbad

11.45-12.15 Dehnübungen im Bioenergiepark, Treffpunkt an der Rezeption

12.30-14.00 Freizeitwanderung zum Strunjan-Kreuz, Treffpunkt an der Rezeption

MITTWOCH

8.30-9.00 Acquagym, piscina interna

DONNERSTAG

8.30-9.00 Wassergymnastik, Hallenbad

FREITAG

13.15-14.00 Dehnübungen im Bioenergiepark, Treffpunkt an der Rezeption

19.00 Bingo für alle Generationen, Treffpunkt an der Rezeption

SAMSTAG

8.30-9.00 Wassergymnastik, Hallenbad

