



4 elements spa

by Althoff

FIT- & ACTIVE-PLAN

12.05.2025 – 18.05.2025

TREFFPUNKT: RAUM "ERDREICH" MEETING POINT: ROOM "SOIL"

OUTDOOR SPORT MEETING POINT: LOBBY

	MONTAG MONDAY	DIENSTAG TUESDAY	MITTWOCH WEDNESDAY	DONNERSTAG THURSDAY	FREITAG FRIDAY	SAMSTAG SATURDAY	SONNTAG SUNDAY
08:00	Aqua Fit <i>Aqua fit</i> Indoorpool 30 min	Aqua Fit <i>Aqua fit</i> Indoorpool 30 min	Aqua Fit <i>Aqua fit</i> Indoorpool 30 min	Aqua Fit <i>Aqua fit</i> Indoorpool 30 min	Aqua Fit <i>Aqua fit</i> Indoorpool 30 min	Aqua Fit <i>Aqua fit</i> Indoorpool 30 min	Aqua Fit <i>Aqua fit</i> Indoorpool 30 min
10:00	Nordic Walking <i>Nordic Walking</i> 30-45 min	Functional training <i>functional training</i> 30 min	Bauch-Beine-Po <i>Belly-leg- buttocks</i> 30 min	Faszientraining <i>fascia training</i> 30 min	Rückenfit <i>Back training</i> 30 min	Stretching <i>stretching</i> 30 min	Hatha Yoga <i>Hatha Yoga</i> 30 min
12:30	Hatha Yoga <i>Hatha Yoga</i> 30 min	Nordic Walking <i>Nordic Walking</i> 30-45 min	5 Tibeter <i>5 Tibets</i> 30 min	Wirbelsäulen- gymnastik <i>spinal gymnastic</i> 30 min	Nordic Walking <i>Nordic Walking</i> 30-45 min	Hatha Yoga <i>Hatha Yoga</i> 30 min	Functional training <i>functional training</i> 30 min
14:00	Aqua Fit <i>Aqua fit</i> Indoorpool 20 min	Aqua Fit <i>Aqua fit</i> Indoorpool 20 min	Aqua Fit <i>Aqua fit</i> Indoorpool 20 min	Aqua Fit <i>Aqua fit</i> Indoorpool 20 min	Aqua Fit <i>Aqua fit</i> Indoorpool 20 min	Aqua Fit <i>Aqua fit</i> Indoorpool 20 min	Aqua Fit <i>Aqua fit</i> Indoorpool 20 min
15:45	Hatha Yoga <i>Hatha Yoga</i> 30 min	Stretching <i>stretching</i> 30 min	---	Hatha Yoga <i>Hatha Yoga</i> 30 min	Stretching <i>stretching</i> 30 min	Hatha Yoga <i>Hatha Yoga</i> 30 min	Hatha Yoga <i>Hatha Yoga</i> 30 min

Samstag / Saturday 07:30 Uhr Yoga 60 min