



Activity Program | Activity schedule

23.01 - 28.01

DE | EN | IT

Anmeldung erforderlich | Notification necessary | Previa Prenotazione info@hotel-miramonti.com / T. +39 0473 279335

Der Activity Plan kann variieren | The Activity schedule may vary | Orari e lezioni possono variare

			Level	Teacher	Location	€/P.
Monday	09.00 - 10.00	Waldbaden Forest bathing	open class	Monika	Activity House	20
	15.30 - 16.25	Pilates	open class	Heidi	Activity House	10
	16.30 - 17.55	Hatha Yoga	open class	Heidi	Activity House	10
	18.00 - 18.45	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
Tuesday	15.30 - 16.25	Pilates	open class	Heidi	Activity House	10
	16.30 - 17.55	Hatha Yoga	open class	Heidi	Activity House	10
	18.00 - 18.45	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
Wednesday	08.15 - 09.45	Hatha Yoga	open class	Heidi	Activity House	15
	09.00 - 10.00	Waldbaden Forest bathing	open class	Monika	Activity House	20
	09.50 - 10.30	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
	10.35 - 11.30	Pilates	open class	Heidi	Activity House	10
Thursday	17.00 - 17.55	Hatha Yoga	open class	Heidi	Activity House	10
	18.00 - 18.45	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
Friday	08.00 - 08.55	Hatha Yoga	open class	Heidi	Activity House	10
	09.00 - 09.45	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
	09.50 - 10.35	Pilates	open class	Heidi	Activity House	10
Saturday	17.00 - 18.30	Hatha Yoga	open class	Annemarie	Activity House	15