



Activity Program | Activity schedule

DE | EN | IT

	Event	Level	Teacher	Location	€/P.	
Monday	16.00 - 16:55	Pilates	open class	Heidi	Activity House	10
	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
Tuesday	9.00 - 10.00	Waldbaden Forest Bathing	open class	Monika	Forest	20
	16.00 - 16:55	Pilates	open class	Heidi	Activity House	10
	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
Wednesday	10.30 - 11.25	Hatha Yoga	open class	Heidi	Activity House	10
	11.30 - 12.15	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
	12.30 - 13.25	Pilates	open class	Heidi	Activity House	10
Thursday	9.00 - 10.00	Waldbaden Forest Bathing	open class	Monika	Forest	20
	16.00 - 16.55	Pilates	open class	Heidi	Activity House	10
	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 - 09.55	Hatha Yoga	open class	Heidi	Activity House	10
	09.00 - 9.45	Achtsamkeitsmeditation Mindfulness Meditation Meditazione di consapevolezza	open class	Heidi	Activity House	10
	10.00 - 11.55	Pilates	open class	Heidi	Activity House	10
Saturday	10.00 - 11.30	Hatha Yoga	open class	Annemarie	Activity House	10

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