

<i>Mo - Lu - Mon -Lu</i> 28-set	<i>Di - Mar - Tue - Ma</i> 29-set	<i>Mi - Mer - Wed - Mer</i> 30-set	<i>Do - Gio - Thu - Gio</i> 01-ott	<i>Fr - Ven - Fr - Ven</i> 02-ott	<i>Sa - Sab - Sat - Sam</i> 03-ott	<i>So - Dom - Sun - Dim</i> 04-ott
<p>10:00</p> <p>Stretching Uebungen <i>Esercizi di stretching</i> Stretching Exercises <i>Exercises de stretching</i></p> <p>Meetingpoint: Reception</p>	<p>09:30</p> <p>Bike Tour Menaggio**</p> <p>Meetingpoint: Como lago bike-stand</p>	<p>10:30</p> <p>Familienklettern <i>Arrampicata per la famiglia</i> Family climbing <i>Escalade pour la famille</i></p> <p>Meetingpoint: Teen Space</p>	<p>10:00</p> <p>Muskelaktivierung <i>Risveglio muscolare</i> Muscle Activation <i>L'activation des muscles</i></p> <p>Meetingpoint: Reception</p>	<p>09:30</p> <p>Bike Tour Osteno-lago di Piano**</p> <p>Meetingpoint: Como lago bike-stand</p>	<p>10:00</p> <p>Auf & Ab Parcours <i>Su e Giù percorso</i> Up and Down Parcours</p> <p>Meetingpoint: Reception</p>	<p>10:00</p> <p>Stretching Uebungen <i>Esercizi di stretching</i> Stretching Exercises <i>Exercises de stretching</i></p> <p>Meetingpoint: Reception</p>
<p>Leben ist Bewegung, Bewegung ist Leben. <i>La vita è movimento, movimento è vita.</i> <i>Life is movement, movement is Life . La vie est mouvement, le mouvement est vie.</i></p>						
		<p>16:00</p> <p>Auf & Ab Parcours <i>Su e Giù percorso</i> Up and Down Parcours</p> <p>Meetingpoint: Reception</p>	<p>16:00</p> <p>Familienfussball <i>Calcio per famiglia</i> Family soccer <i>Jouer au foot pour le famille</i></p> <p>Meetingpoint: Teen Space</p>	<p>16:00</p> <p>Familienvolleyball <i>Pallavolo per la famiglia</i> Family volleyball <i>Volleyball pour la famille</i></p> <p>Meetingpoint: Teen Space</p>	<p>16:00</p> <p>Familienboule <i>Boccia per la famiglia</i> Family boule <i>Pétanque pour la famille</i></p> <p>Meetingpoint: Teen Space</p>	
	<p>17:00</p> <p>Yoga</p> <p>Meetingpoint: Reception</p>		<p>17:00</p> <p>Yoga</p> <p>Meetingpoint: Reception</p>		<p>17:00</p> <p>Yoga</p> <p>Meetingpoint: Reception</p>	<p>17:00</p> <p>Yoga</p> <p>Meetingpoint: Reception</p>
<p>*Gratis, eintragen an der Rezeption, iscrizione alla Reception, enrol at reception ** Kostenpflichtig, eintragen an der Rezeption - ** A pagamento, *iscrizione alla reception* - ** Extra charge, enrol at reception Das Programm kann sich verändern - Questo programma potrebbe subire variazioni - This program might be subject to changes - Ce programme pourrait se changer Treffpunkt - Punto di ritrovo - Meeting point: RECEPTION</p>						