

<b>Mo - Lu - Mon -Lu 09-set</b>	<b>Di - Mar - Tue - Ma 10-set</b>	<b>Mi - Mer - Wed - Mer 11-set</b>	<b>Do - Gio - Thu - Gio 12-set</b>	<b>Fr - Ven - Fr - Ven 13-set</b>	<b>Sa - Sab - Sat - Sam 14-set</b>	<b>So - Dom - Sun - Dim 15-set</b>
<p><b>10:30</b></p> <p>Stretching Uebungen <i>Esercizi di stretching</i> Stretching Exercises <i>Exercises de stretching</i></p> <p><b>Meetingpoint: Reception</b></p>	<p><b>09:30</b></p> <p>Bike Tour Menaggio**</p> <p><b>Meetingpoint: Como lago bike-stand</b></p> <p><b>10:00</b></p> <p>Muskelaktivierung <i>Risveglio muscolare</i> Muscle Activation <i>L'activation des muscles</i></p> <p><b>Meetingpoint: Reception</b></p>	<p><b>10:00</b></p> <p>Stretching Uebungen <i>Esercizi di stretching</i> Stretching Exercises <i>Exercises de stretching</i></p> <p><b>Meetingpoint: Reception</b></p>	<p><b>10:00</b></p> <p>Massage für Paare <i>Massaggio per coppie</i> Massage for Couples <i>Massage pour couples</i></p> <p><b>Meetingpoint: Reception</b></p>	<p><b>10:00</b></p> <p>Muskelaktivierung <i>Risveglio muscolare</i> Muscle Activation <i>L'activation des muscles</i></p> <p><b>Meetingpoint: Reception</b></p>	<p><b>09:30</b></p> <p>Bike Tour Osteno-lago di Piano**</p> <p><b>Meetingpoint: Como lago bike-stand</b></p> <p><b>10:00</b></p> <p>Massage für Paare <i>Massaggio per coppie</i> Massage for Couples <i>Massage pour couples</i></p> <p><b>Meetingpoint: Reception</b></p>	<p><b>10:30</b></p> <p>Familienfussball <i>Calcio per famiglia</i> Family soccer <i>Jouer au foot pour le famille</i></p> <p><b>Meetingpoint: Teen Space</b></p>
<p><b>Leben ist Bewegung, Bewegung ist Leben. La vita è movimento, movimento è vita.</b> <b>Life is movement, movement is Life. La vie est mouvement, le mouvement est vie.</b></p>						
<p><b>15:00</b></p> <p>Familien Adventure Climbing ** <i>Adventure Climbing per famiglia **</i> Family Adventure Climbing ** <i>Adventure Climbing pour le famille**</i> (mind. 1,40m)</p> <p><b>Meetingpoint: Reception</b></p>	<p><b>16:00</b></p> <p>Familienbogenschiessen <i>Tiro con l'arco per la famiglia</i> Family Archery <i>Tir a l'arc pour la famille</i></p> <p><b>Meetingpoint: Teen Space</b></p>	<p><b>17:00</b></p> <p>Yoga</p> <p><b>Meetingpoint: Reception</b></p>	<p><b>15:00</b></p> <p>Familien Adventure Climbing ** <i>Adventure Climbing per famiglia **</i> Family Adventure Climbing ** <i>Adventure Climbing pour le famille**</i> (mind. 1,40m)</p> <p><b>Meetingpoint: Reception</b></p>	<p><b>17:00</b></p> <p>Yoga</p> <p><b>Meetingpoint: Reception</b></p>	<p><b>16:00</b></p> <p>Familienboule <i>Boccia per la famiglia</i> Family boule <i>Pétanque pour la famille</i></p> <p><b>Meetingpoint: Teen Space</b></p> <p><b>17:00</b></p> <p>Yoga</p> <p><b>Meetingpoint: Reception</b></p>	<p><b>16:00</b></p> <p>Familienklettern <i>Arrampicata per la famiglia</i> Family climbing <i>Escalade pour la famille</i></p> <p><b>Meetingpoint: Teen Space</b></p> <p><b>17:00</b></p> <p>Yoga</p> <p><b>Meetingpoint: Reception</b></p>
<p><b>*Gratis, eintragen an der Rezeption, iscrizione alla Reception, enrol at reception</b> <b>** Kostenpflichtig, eintragen an der Rezeption - ** A pagamento, *iscrizione alla reception* - ** Extra charge, enrol at reception</b> <b>Das Programm kann sich verändern - Questo programma potrebbe subire variazioni - This program might be subject to changes - Ce programme pourrait se changer</b> <b>Treffpunkt - Punto di ritrovo - Meeting point: RECEPTION</b></p>						