



LIFESTYLE BEACH RESORT

Parco San Marco

LAGO DI COMO E LUGANO

Di - Ma		Mi - Mer - Wed - Mer 20-ott	Do - Gio - Thu - Gio 21-ott	Fr - Ven - Fr - Ven 22-ott	Sa - Sab - Sat - Sam 23-ott	So - Dom - Sun - Dim 24-ott
Stretching Übungen <i>Esercizi di stretching</i> Stretching Exercises <i>Exercises de stretching</i>	Muskelaktivierung <i>Risveglio muscolare</i> Muscle Activation <i>L'activation des muscles</i>	10:00 5 Tibeter <i>5 Tibetani</i> 5 Tibetans <i>5 Tibetains</i>	10:00 5 Tibeter <i>5 Tibetani</i> 5 Tibetans <i>5 Tibetains</i>	10:00 Stretching Übungen <i>Esercizi di stretching</i> Stretching Exercises <i>Exercises de stretching</i>	10:00 Muskelaktivierung <i>Risveglio muscolare</i> Muscle Activation <i>L'activation des muscles</i>	10:30 Familienfußball <i>Calcio per famiglia</i> Family soccer <i>Jouer au foot pour le famille</i>
Meetingpoint: Reception	Meetingpoint: Reception	Meetingpoint: Reception	Meetingpoint: Reception	Meetingpoint: Reception	Meetingpoint: Reception	Meetingpoint: Teen Space
Leben ist Bewegung, Bewegung ist Leben. La vita è movimento, movimento è vita. Life is movement, movement is Life. La vie est mouvement, le mouvement est vie.						
16:00 Auf & Ab Parcours <i>Su e Giù percorso</i> Up and Down Parcours	16:00 Familienklettern <i>Arrampicata per la famiglia</i> Family climbing <i>Escalade pour la famille</i>	14:00 Familienvolleyball <i>Pallavolo per la famiglia</i> Family volleyball <i>Volleyball pour la famille</i>	16:00 Familienboule <i>Boccia per la famiglia</i> Family boule <i>Pétanque pour la famille</i>			
Meetingpoint: Reception	Meetingpoint: Reception	Meetingpoint: Teen Space	Meetingpoint: Teen Space			
				17:00 Yoga	17:00 Yoga	17:00 Yoga
				Meetingpoint: Reception	Meetingpoint: Reception	Meetingpoint: Reception
*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						