



FITNESS ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
morning	09:00	Water Gym			Water Gym			
	09:30							
	10:00	Yoga	Hiking	Functional Training		Yoga	Nature Experience	
	10:30							
	11:00			Gym Instruction		Running		Detox Tea Experience
	11:30							
	12:00	Running			Get-In-Touch Lunch			
	12:30							
13:30								
afternoon	02:00		Power Workout	Fascia Training	Balance Workout	Power Workout	Gym Instruction	
	02:30							
	03:00							
	03:30		Detox Tea Experience		Nature Experience			
	04:00			Yoga				
	04:30							
	05:00				Peeling Experience		Sauna Infusion	
	05:30							
06:30			Water Gym					

Nature Experience Nordic walking or excio-walk, max. 5 persons

Water Gym Workout in the water, max. 5 persons

Yoga Sessions, max. 5 persons

Balance Workout The perfect training for a holistic stability of the whole body.

Fascia Training Physical exercises to specifically promote the different properties of the muscular connective tissue, max. 5 persons

Gym Instruction Introduction to the fitness devices, max. 5 persons

Hiking from easy to challenging, max. 5 persons

Peeling Experience in the steam bath in mixed area

Power Workout An intensive, dynamic total body workout for strengthening the main muscle groups.

Sauna Infusion in the Finnish sauna in mixed area

Get-In-Touch Lunch Group lunch with all the participants and coaches of the package, max. 5 persons

Functional Training Complex movements that simultaneously exert a range of joints and muscle groups, max. 5 persons

Running max. 5 persons

Detox Tea Experience Short seminar about detoxifying teas including a tasting, max. 10 persons