

Active Holidays - since 1996

PATRICIO TRAVEL



FEEL GOOD WEEK 2024 Programm

Sonntag, 05. Mai

Welcome to your
FEEL GOOD WEEK

Kick Off Class - **TEAM**
16:30 - 18:00h

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PATRICIO TRAVEL

Fitness-Events

Montag, 06. Mai - Feel good Mobility

09:30 - 10:00

Registration

10:00 - 11:00

A potpourri of the week / **Team**

11:15 - 12:15

Stabi - Mobi - Flex / **Christian**

16:00 - 17:00

BODYART Energy Part I / **Arta**

17:15 - 18:15

Healthy Back - Spine Mobility / **Arta**

Dienstag, 07. Mai - Feel good Stability

08:00 - 09:00

Energy Boost - Yoga Flow / **Virginia**

10:00 - 11:00

Pilates - Breath meets Mobility / **Virginia**

11:15 - 12:15

BODYART - Core Awareness / **Arta**

16:00 - 17:00

Functional Dance Workout / **Christian**

17:15 - 18:15

BODYART Meridian Flow / **Christian**

Mittwoch, 08. Mai - Feel good Cardio

08:00 - 09:00

Good Morning Pilates / **Christian**

10:00 - 11:00

DEEPWORK Cardio Boost / **Christian**

11:15 - 12:15

DAYO - Yoga Dance / **Virginia**

Free afternoon for
Wellness, Beach, Pool + "Me Time"

Donnerstag, 09. Mai - Feel good Strength

08:00 - 09:00

BODYART Morning Class / **Arta**

10:00 - 11:00

Yoga Strength - Feel the Asanas / **Arta**

11:15 - 12:15

Functional Workout - 3D / **Christian**

16:00 - 17:00

Pilates - Flow Power / **Virginia**

17:15 - 18:15

"Silent" - Yin Yoga / **Virginia**

Freitag, 10. Mai - Feel good Week

08:00 - 09:00

Morning Energizer Class / **Virginia**

10:00 - 11:00

Happy 🧡 + Hips - Vinyasa Yoga / **Virginia**

11:15 - 12:15

BODYART Energy Part II / **Arta**

Reflect your
FEEL GOOD WEEK

Final Class - **TEAM**

16:30 - 18:00h

**FEEL GOOD
WEEK 2024**

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Fitness-Events

