

FITNESS CENTER THERME MERAN PROGRAM Winter 2020

MONDAY OPENING 08.00 – 22.00		TUESDAY OPENING 06.30 – 22.00		WEDNESDAY OPENING 08.00 – 22.00		THURSDAY OPENING 06.30 – 22.00		FRIDAY OPENING 08.00 – 22.00		SATURDAY OPENING 09.00 13.00 15.00-20.00	
		06.45 07.30	Yoga			06.45 07.30	Functional TM Training				
				08.15 09.00	Yoga						
09.15 10.00	Pilates Program	09.15 10.00	Walking Program	09.15 10.00	Functional TM Training	09.15 10.00	Move& Tone	09.15 10.00	Pilates TRX	09.15 10.00	LesMills Program
		10.30 11.15	Wellback System			10.30 11.15	Wellback System				
10.15 11.15	Aqua Relax			10.15 11.15	Aqua Relax			10.15 11.15	Aqua Relax	10.15 11.15	Aqua Relax
12.50 13.35	Yoga	12.50 13.35	Indoor Cycling	12.50 13.35	Pilates TRX	12.50 13.35	Indoor Cycling	12.50 13.35	Movement Training		
		12.50 13.50	Aqua Relax			12.50 13.50	Aqua Relax				
15.00 16.00	Calisthenics Skills							15.00 16.00	Calisthenics Skills		
15.30 16.30	Aqua Relax	15.30 16.15	LesMills BodyPump			15.30 16.15	LesMills Tone	15.30 16.30	Aqua Relax		
16.30 17.15	Walking Program	16.30 17.15	Pilates Program	16.30 17.15	LesMills Program	16.30 17.15	Functional TM TRX&More	16.30 17.15	Yoga		
17.30 18.15	Functional TM Training	17.30 18.15	Functional TM TRX&More	17.30 18.15	Walking Program	17.30 18.15	Yoga	17.30 18.15	GroupBoxing Academy		
								17.30 18.15	Indoor Cycling		
18.30 19.15	GroupBoxing Academy	18.30 19.15	LesMills Tone	18.30 19.15	Functional TM Training	18.30 19.15	LesMills BodyPump	18.30 19.15	X-Tempo Energy		
19.30 20.15	Yoga	19.45 21.15	Functional TM X-Fit	19.30 20.15	SuperJump Program	19.45 21.15	Functional TM X-Fit				
20.30 21.30	Indoor Cycling	20.30 21.30	Aqua Relax	20.30 21.30	Indoor Cycling	20.30 21.30	Aqua Relax				