

# June

*move. relax. flow*



## Saturday

9:00  
Pilates

9:30  
Yin Yoga

## Friday

9:00  
Booty Burner

9:30  
Flow Yoga

## Wednesday

9:00  
Core Crusher

9:30  
Vinyasa Yoga

## Thursday

9:00  
HIIT

9:30  
Ashtanga Yoga

### Massage times

Tuesday to Saturday,  
available at: 11:00 AM, 2:00 PM, 3:00 PM, and 5:00 PM

**Who? Kristina**, our trained health coach and masseuse, will tailor each treatment individually to your needs.

**Book now** anytime conveniently via our **guest app SAM** or at the reception.

### Massages

### Note!

All yoga and fitness classes are **included** in the price!  
Registration via the guest app SAM  
or at the reception!

**Meeting point:** gym or outdoor  
yoga area!



**Personal  
training**  
on request



### Superfood breakfast box

Proteins  
Vegetarian, vegan,  
Experimental  
Available to book  
for your apartment  
via the guest app  
SAM



**Yoga Retreats**  
spring & autumn



### Opening hours

Pool 8:00 AM – 8:00 PM  
Gym 8:00 AM – 8:00 PM  
Sauna & steam bath  
2:00 PM – 8:00 PM

