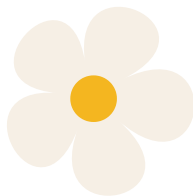


May

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

30%
OFF

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

