

ANIMACIJSKI PROGRAM

ANIMATION PROGRAM

April

April

PONEDELJEK

- 7.45-8.15** Jutranja vadba na prostem, zbor na recepciji
- 8.30-9.00** Vodna aerobika, notranji bazen

TOREK

- 7.45-8.15** Jutranja vadba na prostem, zbor na recepciji
- 8.30-9.00** Vodna aerobika, notranji bazen
- 11.45-12.15** Sproščujoča skupinska vadba v Bioenergetskem parku, zbor na recepciji
- 12.30-14.30** Rekreativni pohod do Belega križa, zbor na recepciji

SREDA

- 7.45-8.15** Jutranja vadba na prostem, zbor na recepciji
- 8.30-9.00** Vodna aerobika, notranji bazen

ČETRTEK

- 7.45-8.15** Jutranja vadba na prostem, zbor na recepciji
- 8.30-9.00** Vodna aerobika, notranji bazen

PETEK

- 12.30-14.30** Rekreativni pohod do Simonovega zaliva, zbor na recepciji
- 14.00-14.30** Sproščujoča skupinska vadba na prostem, zbor na recepciji

MONDAY

- 7.45-8.15** Morning exercise outdoors, meeting at the reception
- 8.30-9.00** Water aerobics, indoor pool

TUESDAY

- 7.45-8.15** Morning exercise outdoors, meeting at the reception
- 8.30-9.00** Water aerobics, indoor pool
- 11.45-12.15** Relaxing group exercise in the Bioenergetic Park, meeting at the reception
- 12.30-14.30** Recreational hike to the White Cross, meeting at the reception

WEDNESDAY

- 7.45-8.15** Morning exercise outdoors, meeting at the reception
- 8.30-9.00** Water aerobics, indoor pool

THURSDAY

- 7.45-8.15** Morning exercise outdoors, meeting at the reception
- 8.30-9.00** Water aerobics, indoor pool

FRIDAY

- 12.30-14.30** Recreational hike to Simonov zaliv, meeting at the reception
- 14.00-14.30** Relaxing group exercise outdoors, meeting at the reception