## FITNESS PROGRAM

## SPORTS PROGRAM

12.30 – 13.00 <b>AQUA ZUMBA</b> (main pool) 13.30 – 14.30	8.00 – 09.30 HIKING <sup>™</sup> 12.00 – 13.00 BEACH VOLLEY	12.30 – 13.00 <b>AQUA FITNESS</b> (main pool) 13.30 – 14.30	12.00 – 13.30 CHESS Tournament	8.00 – 09.30 HIKING** 12.30 – 13.00 AQUA ZUMBA (main pool)	8.00 – 09.30 HIKING <sup>™</sup> 12.30 – 13.00 AQUA FITNESS	<u>MONDAY</u> 09.30 – 10.00 <b>: STRETCHING</b> (beach deck) 16.00 – 16.30 <b>: ABS WORKOUT</b> (gym) <u>TUESDAY</u> 16.00–16.30: <b>CROSS TRAINING</b> (gym)
17.00 – 18.30 FOOTBALL / BASKET 18.00 – 19.00 ARCHERY	13.30 – 14.30 PING PONG Tournament	CHESS class 17.00 – 17.45 FOOTBALL group training (kids 4-8) 17.45 – 18.30 FOOTBALL group training (kids 9-12) 18.00 – 19.00 ARCHERY	13.30 – 14.30 PING PONG Tournament 15.00 – 16.00 BEACH VOLLEY	15.00 – 16.00 BEACH VOLLEY 17.00 – 18.30 FOOTBALL / BASKET	(main pool) 13.30 – 14.30 CHESS class 17.00 – 17.45 FOOTBALL group training (kids 4-8) 17.45 – 18.30 FOOTBALL group training (kids 9-12) 18.00 – 19.00 ARCHERY	WEDNESDAY 16.00 – 16.30: FUNCTIONAL TRAINING (gym) THURSDAY 16.00 – 16.30: TABATA WORKOUT (gym) ERIDAY 09.30 – 10.00: STRETCHING (beach deck) 16.00 – 16.30: CROSS TRAINING (gym) SATURDAY 16.00 – 16.30: ABS WORKOUT (gym) 16.00 – 16.30 FUNCTIONAL TRAINING (gym)
		ESSONS - PER	SONAL FITNES	S TRAINING -	KIDS SWIMMI	
	<b>FOOTBALL /</b> <b>BASKET</b> 18.00 – 19.00	13.30 – 14.30   17.00 – 18.30   FOOTBALL / BASKET   18.00 – 19.00   ARCHERY	13.30 - 14.30 17.00 - 17.45   17.00 - 18.30 PING PONG FOOTBALL /   POOTBALL / DING PONG International data of the state o	17.00 - 18.30 13.30 - 14.30 17.00 - 17.45 ING PONG ING PONG   17.00 - 18.30 13.30 - 14.30 ING PONG ING PONG ING PONG   17.00 - 18.30 13.30 - 14.30 ING PONG ING PONG ING PONG   18.00 - 19.00 17.45 - 18.30 IS.00 - 16.00 IS.00 - 16.00 IS.00 - 16.00   ARCHERY 18.00 - 19.00 IS.00 - 19.00 IS.00 - 10.00 IS.00 - 10.00 IS.00 - 10.00   18.00 - 19.00 IS.00 - 19.00 IS.00 - 10.00	17.00 - 18.30 13.30 - 14.30 15.00 - 16.00   PING PONG PING PONG PING PONG PING PONG   FOOTBALL / BASKET PING PONG 17.45 - 18.30 15.00 - 16.00   18.00 - 19.00 T7.45 - 18.30 15.00 - 16.00 17.00 - 18.30   18.00 - 19.00 T1.8.00 - 19.00 T1.8.00 - 19.00 15.00 - 16.00 100 - 100.00   18.00 - 19.00 T1.8.00 - 19.00 T1.8.00 - 19.00 T1.00 - 18.30 100 - 100.00 100 - 100.00   18.00 - 19.00 T1.8.00 - 19.00 T1.8.00 - 19.00 T1.00 - 18.00 100 - 100.00 10	17.00 - 18.30 13.30 - 14.30 17.00 - 17.45 13.30 - 14.30 15.00 - 16.00 EACH VOLLEY 17.00 - 17.45   PING PONG Tournament PING PONG Tournament 17.45 - 18.30 15.00 - 16.00 EACH VOLLEY 17.00 - 17.45   18.00 - 19.00 17.45 - 18.30 15.00 - 16.00 FOOTBALL/ BACKH VOLLEY 17.00 - 18.30 17.45 - 18.30   18.00 - 19.00 18.00 - 19.00 15.00 - 16.00 EACH VOLLEY 17.45 - 18.30   18.00 - 19.00 18.00 - 19.00 EACH VOLLEY 17.45 - 18.30 17.45 - 18.30

\*\*Pre-booking required. Additional information on the opposite page.

## ADDITIONAL INFORMATION & PRICELIST

MIRAGGIO THERMAL SPA RESORT

- Hiking: Pre-booking required at the reception until 8pm of the day before the activity. Free of charge. Easy forest route approximately 6km. Starting point at reception.
- Swimming lessons provided for kids 3-12 years old in the main pool or the private pool of your club room upon request at the reception.
- *E- Bikes Rental* available via the application of Unicorn Mobility. Scan the QR code on the bikes to find out more.
- **Tennis Courts Rental**: Operating Hours 08.00 22.00 (upon request). **Fitness Center**: Operating Hours 08.00 – 20.00. For security reasons, children under the age of 16 are not allowed.
- In case of bad weather, please find the special "Rain Program Activities" at the reception. In case of strong wind, Archery will be cancelled.

	PRICELIST	
AQUA BIKE GROUP WORKOUT (max. 6 persons)	30€ /class	
KIDS SWIMMING LESSONS (for kids 3-12 years old)	35€ /class	
<b>TENNIS COURT RENTAL</b> ( + equipment )	30€ /hour 35€ /hour	
<b>TENNIS GROUP CLASS</b> (max. 4 persons)	40€ /person /class	3 classes pack: 100€/person
TENNIS PRIVATE CLASS	75€ /class	3 classes pack: 200€
PERSONAL FITNESS TRAINING	60€ /class	3 classes pack: 160€
DANCE LESSON (max. 3 persons)	60€ /class	3 classes pack: 160€
FOOTBALL PERSONAL TRAINING	60€ /class	3 classes pack: 160€

