

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**10h00-11h00**

**ENERGY**

Fit step

Energy yoga

Beach Walk

T-A-B

Energy yoga



**12h00-13h00**

**SEA WATER FITNESS**

Aqua bike

Sea Walk

Aqua fitness  
power

Aqua bike

Aqua pilates



**17h00-18h00**

**FOCUS & RELAX**

Postural  
stretching

Meditation

Yoga relax

Pilates

Meditation

Booking through our wellness consultants on +33 (0) 2 31 14 25 70 | Meet at Spa reception 15 minutes prior to activity  
Private coaching - 50min - 90€