

GUEST EXPERIENCE AND WELLBEING PROGRAM

WELLBEING ACTIVITIES - INDOOR @ GYM

GYM working hours 7h-11h & 17h-20h (except Saturday)

GYM GROUP SESSIONS

- 8:30 Sunday Morning Group Functional Workout
- 8:30 Monday Morning Group Total Body Workout
- 8:30 Tuesday Morning Group Tabata Workout
- 8:30 Wednesday Morning Group Core Workout
- 8:30 Thursday Morning Group Plank Workout
- 8:30 Friday Morning Group HIIT Workout
- 18:30 Sunday Group HIIT Workout
- 18:30 Monday Group Plank Workout
- 18:30 Tuesday Group Core Workout
- 18:30 Wednesday Group Tabata Workout
- 18:30 Thursday Group Total Body Workout
- 18:30 Friday Group Functional Workout

WELLBEING ACTIVITIES - OUTDOOR – meeting by the pool

JOGGING SESSIONS

7:00 Morning Jogging Monday, Wednesday, Friday

POOL ACTIVITIES

AQUA GYM – Hotel Adriana Indoor Pool

9.00 a.m. Sunday, Tuesday, Thursday

MORNING GYMNASTICS

(Stretching/Pilates/Bodyweight training/Functional training/FloDance/Corrective Gymnastics)
– meeting by the beach volleyball court

9.00 a.m. every day except Saturday

AQUA AEROBICS

11.00 a.m. every day except Saturday

SPORT&FUN

BEACH VOLLEYBALL- meeting by the pool

7:00 p.m. Tuesday & Thursday

BADMINTON CHALLENGE – meeting by the pool

7:00 p.m. Monday & Wednesday

SUNSET STROLL – meeting by the pool

7.00 p.m. Sunday & Friday

All programs are subject to change.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 OUTDOOR		Morning jogging		Morning jogging		Morning jogging
8:30 GYM	Morning group functional workout	Morning group total body workout	Morning group tabata workout	Morning group core workout	Morning group Plank Workout	Morning group hiit workout
9:00 HOTEL ADRIANA INDOOR POOL	Aqua GYM		Aqua GYM		Aqua GYM	
9:00 BEACH VOLLEYBALL COURT		Morning stretching		Bodyweight Exercises		Functional Training
11:00 POOL	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics
18:30 GYM	Group Hiit workout	Group plank workout	Group core workout	Group tabata workout	Group total body workout	Group functional workout
19:00 GYM	Sunset stroll	Badminton Challenge	Beach Volleyball	Badminton Challenge	Beach Volleyball tournament	Sunset stroll

