

# ATTRACTIONS

*dedicated to adults*



## *Wednesday*

- 08:45-09:30 Yoga - Hall in building "G"\*  
09:30-10:15 Healthy back - Hall in building "G"\*

## *Thursday*

- 10:30-11:15 Flat stomach - Hall in building "G"\*  
11:30-12:15 Aqua fitness - Aquapark

## *Friday*

- 21:00 - 22:00 Live music evening - Lobby Bar

## *Saturday*

- 09:45-10:30 Pilates - Hall in building "G"\*  
10:45-11:30 Aqua Fitness - Aquapark  
17:45-18:30 Yoga - Hall in building "G"\*  
18:30-19:15 Relaxation - Hall in building "G"\*  
21:00-22:00 Sauna Ritual - meeting with the Instructor in the Relaxation Zone (level -1 in the Aquapark)\*\*  
21:00-24:00 Impreza z DJ'em - Lobby Bar

## *Sunday*

- 09:45-10:30 Stretching - Hall in building "G"\*  
10:45-11:30 Aqua fitness - Aquapark

\*Registration for classes is required at the Main Reception or IT.

\*\*Registration required at the Aquapark Reception, attraction for guests over 15 years of age fee PLN 10