4th August - 16th August - Matteo Massaini

MON 11

Slow Paced Strength

(Yoga Deck)

Mindful Movement

(Yoga Deck)

TUE 12

(Yoga Deck)

Stretch and Recover

(Yoga Deck)

WED 13

(Yoga Deck)

Mindful Movement

(Yoga Deck)

THURS 14

(Yoga Deck)

Stretch and Recover

(Yoga Deck)

Mindful Movement Express abs and Glutes (30) Slow Paced Strength Express abs and Glutes (30)

FRIDAY 15

(Yoga Deck)

Stretch and Recover

(Yoga Deck)

SAT 16

Mindful Movement

(Yoga Deck)

Slow Paced Strength

(Yoga Deck)

SUN 17

Day off/departure

SUN 10

DAY OFF

SAT 9

Mindful Movement

(Yoga Deck)

Slow Paced Strength

(Yoga Deck)

SAT/SUN

Arrival

8:15 - 9:00

9:30 - 10:00

18:30 - 19:15

MON 4

Slow Paced Strength

(Yoga Deck)

Mindful Movement

(Yoga Deck)

TUE 5

Mindful Movement

(Yoga Deck)

Stretch and Recover

(Yoga Deck)

WED 6

(Yoga Deck)

Mindful Movement

(Yoga Deck)

THURS 7

Express abs and Glutes (30) Slow Paced Strength Express abs and Glutes (30)

(Yoga Deck)

Stretch and Recover

(Yoga Deck)

FRIDAY 8

(Yoga Deck)

Stretch and Recover

(Yoga Deck)