

Palazzo Fiuggi Sample Weekly Group Activities

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 8:00		Morning Yoga (Yoga studio)	Morning Yoga (Yoga studio)	Morning Yoga (Yoga studio)	Morning Yoga (Yoga studio)	Morning Yoga (Yoga studio)
9:00 9:30		Hatha Yoga (Yoga studio)	Hatha Yoga (Yoga studio)	Hatha Yoga (Yoga studio)	Hatha Yoga (Yoga studio)	Hatha Yoga (Yoga studio)
15:00 15:30	Reaxing Circuit (Movement)	Reaxing Circuit (Movement)	Reaxing Circuit (Movement)	Reaxing Circuit (Movement)	Reaxing Circuit (Movement)	Reaxing Circuit (Movement)
17:30 18:00	Reaxing Circuit (Movement)	Reaxing Circuit (Movement)	Reaxing Circuit (Movement)	Reaxing Circuit (Movement)	Reaxing Circuit (Movement)	Reaxing Circuit (Movement)
18:00 18:30	Healing Sound Meditation (Yoga studio)	Healing Sound Meditation (Yoga studio)	Healing Sound Meditation (Yoga studio)	Healing Sound Meditation (Yoga studio)	Healing Sound Meditation (Yoga studio)	Healing Sound Meditation (Yoga studio)