

OCÉANO Weekly Program

08.11.2021 – 14.11.2021

- ✓ = included in price
- ☐ = chargeable

Monday, 08.11.2021

- ✓ **Awakening at the sea** 8.00 - 8.30 h Meeting point: Floor 11
- ☐ **Aquafitness** 12.00 -12.50 h * Registration 24 hr before at the SPA Reception
- ☐ **Meridian Stretching** 16.00 – 16.50 h * Registration 24 hr before at the SPA Reception / Meeting point: Floor 11

Tuesday, 09.11.2021

- ✓ **Awakening at the sea** 8.00 - 8.30 h Meeting point: Floor 11
- ☐ **Trekking, depending on the current conditions.** Please inform yourself on the reception.
- ✓ **Nordic Walking** 12.00 – 12.50 h * Registration 24 hr before at the SPA Reception/ Meeting point: Reception
- ☐ **Yoga** 16.00 – 16.50 h * Registration 24 hr before at the SPA Reception / Meeting point: Floor 11

Wednesday, 10.11.2021

- ✓ **Awakening at the sea** 8.00 - 8.30 h Meeting point: Floor 11
- ☐ **Aquafitness** 12.00 -12.50 h * Registration 24 hr before at the SPA Reception
- ☐ **Meridian Stretching** 16.00 – 16.50 h * Registration 24 hr before at the SPA Reception/ Meeting point: Floor 11
- ☐ **Climbing** in our Fitness Center * Registration in SPA Reception

Thursday, 11.11.2021

- ✓ **Awakening at the sea** 8.00 - 8.30 h Meeting point: Floor 11
- ☐ **Aquafitness** 12.00 – 12.50 h * Registration 24 hr before at the SPA Reception
- ☐ **Yoga** 16.00 – 16.50 h * Registration 24 hr before at the SPA Reception / Meeting point: Floor 11
- ✓ **Sunset** 20.00 h at Rooftop OCEAN 11

Friday, 12.11.2021

- ✓ **Awakening at the sea** 8.00 - 8.30 h Meeting point: Floor 11
- ☐ **Yoga** 16.00 – 16.50 h * Registration 24 hr before at the SPA Reception / Meeting point: Floor 11
- ✓ **Sunset** 20.00 h at Rooftop OCEAN 11

Saturday, 13.11.2021

- ✓ **Awakening at the sea** 8.00 - 8.30 h Meeting point: Floor 11
- ☐ **Yoga** 16.00 – 16.50 h * Registration 24 hr before at the SPA Reception / Meeting point: Floor 11
- ✓ **Sunset** 20.00 h at Rooftop OCEAN 11

Sunday, 14.11.2021

- ✓ **Hoteltour** 11.00 h Meetingpoint: Rezeption by Mr Mathias Schmidt
- ☐ **Dance** 16.00 – 16.50 h * Registration 24 hr before at the SPA Reception / Meeting Point: COHM
- ✓ **Sunset** .18:00 -22:00 h at Rooftop OCEAN 11, JAZZ TRÍO Live music

* The number of participants in our SPA and yoga programs is limited, please register at the SPA reception the day before.

** Short-term programme changes are possible; please note the current notices & information.

*** Reservations with SPA or F.X Mayr Programs have 5 yoga or meridian stretching classes per week included.

****Bouldering wall, we are happy to offer with advance notice at the SPA reception (subject to charge)

**** Petanque game, request it at the hotel reception