



Casa Angelina
LIFESTYLE

FITNESS PROGRAM

Dear Guest,

Treat yourself with a moment of pure lifestyle.

Every day our instructors will assist you during your fitness time and will introduce you to special techniques achieving a perfect balance between soul and body.

PERSONAL TRAINER

On site assistance during your daily work out / personalized program of work out.

YOGA - PILATES - TOTAL BODY BALANCE

Stretching, muscles awaken through oriental traditional techniques.

*JUST FOR YOU

Enjoy a private session of Yoga, Body Balance or Pilates assisted by our specialized instructors.

60 minutes € 100.00 VAT not included

MONDAY

9:00 - 10:00

Personal trainer

10:00 - 11:00

Personal trainer

11:00 - 12:00

Personal trainer

TUESDAY

9:00 - 10:00

Pilates

10:00 - 11:00

Stretching

11:00 - 12:00

Personal trainer

17:00 - 18:15

Personal trainer

18:45 - 20:00

Just for You*

WEDNESDAY

9:00 - 10:00

Yoga

10:00 - 11:00

Pilates

11:00 - 12:00

Personal trainer

17:00 - 18:15

Personal trainer

19:00 - 20:00

Just for You*

THURSDAY

9:00 - 10:00

Body Balance

10:00 - 11:00

Total Body

11:00 - 12:00

Personal trainer

17:00 - 18:15

Personal trainer

19:00 - 20:00

Just for You*

FRIDAY

9:00 - 10:00

Pilates

10:00 - 11:00

Stretching

11:00 - 12:00

Personal trainer

17:00 - 18:15

Personal trainer

19:00 - 20:00

Just for You*

SATURDAY

9:00 - 10:00

Yoga

10:00 - 11:00

Pilates

11:00 - 12:00

Personal trainer

17:00 - 18:15

Personal trainer

19:00 - 20:00

Just for You*

SUNDAY

9:00 - 10:00
Body Balance

10:00 - 11:00
Total Body

11:00 - 12:00
Personal trainer

