

FITNESS SCHEDULE

THE CHEDI

LUŠTICA BAY, MONTENEGRO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| The morning run* 8 AM - 8:45 AM | The morning run* 8 AM - 8:45 AM | The morning run* 8 AM - 8:45 AM | The morning run* 8 AM - 8:45 AM | The morning run* 8 AM - 8:45 AM | The morning run* 8 AM - 8:45 AM | The morning run* 8 AM - 8:45 AM |
| Weight A Minute 9 AM - 10 AM | Get in shape - Workout (intermediate) 9 AM - 10 AM | MUSCLE MAX 9 AM - 10 AM | Get in shape - Workout (intermediate) 9 AM - 10 AM | Best hiking experience 11 AM - 1 PM | MUSCLE MAX 9 AM - 10 AM | Get in shape - Workout 9 AM - 10 AM |
| Best hiking experience 11 AM - 1 PM | Best hiking experience 11 AM - 1 PM | Ride plus Hiit 9AM - 10:00 AM | Yoga Vinyasa Flow** 11 AM - 12 NOON | Ride & Ripped 9AM - 10:00 AM | | Best hiking experience 11 AM - 1 PM |
| Power Yoga** 11 AM - 12 NOON | Kids swimming lesson 4 PM - 5 PM | Yoga Vinyasa Flow** 11 AM - 12 NOON | Best hiking experience 11 AM - 1 PM | Weight A Minute 9 AM - 10 AM | | |
| Ride plus Hiit 5 PM - 6 PM | Indoor cycling class 6 PM - 6:50 PM | Best hiking experience 11 AM - 1 PM | Kick - Boxing 6 PM - 7 PM | Power Yoga** 11 AM - 12 NOON | Water Aerobics** 4 PM - 5 PM | Water Aerobics** 4 PM - 5 PM |
| Cardio - Boxing - Workout 6 PM - 7 PM | Kick - Boxing 6 PM - 7 PM | Cardio - Boxing - Workout 6 PM - 7 PM | Indoor cycling class 7 PM - 8 PM | Kids swimming lesson 4 PM - 5 PM | Cardio - Boxing - Workout 6 PM - 7 PM | Weight A Minute 6 PM - 7 PM |

EUR 25 drop - in is available for all scheduled classes. All sessions are group sessions - minimum of two attendees requested per session.

*Meet in Hotel main lobby

**flexible timing upon request

FITNESS CLASS DESCRIPTIONS

| | | | | | |
|--|--|--|---|---|---|
| <p>POWER YOGA</p> <p>60 min</p> <p>A quick, vigorous and challenging class for strength, balance and flexibility.</p>  | <p>RESTORATIVE YOGA</p> <p>45 min</p> <p>Deep relaxation using bolsters and props in gentle, supported poses.</p>  | <p>WEIGHT A MINUTE</p> <p>60 min</p> <p>Strength-training exercises of increasing difficulty and duration.</p>  | <p>MUSCLE MAX</p> <p>60 min</p> <p>Challenge yourself with exercises on strength and stability equipment.</p>  | <p>KIDS SWIMMING</p> <p>60 min</p> <p>Let your loved ones get used to water with our professional swimmer trainer.</p>  | <p>INDOOR CYCLING CLASS</p> <p>50 min</p> <p>Fun & motivating Cardio bike class, combining HIIT, power & speed for max calorie burn.</p>  |
| <p>YOGA BLEND</p> <p>60 min</p> <p>Gentle yoga, body rolling and exercise dome work to help your body recover.</p>  | <p>YOGA VINYASA</p> <p>60 min</p> <p>Challenging, intermediate postures connect movements and breath.</p>  | <p>GET IN SHAPE</p> <p>60 min</p> <p>Advanced-training exercises of increasing difficulty and duration.</p>  | <p>THE MORNING RUN</p> <p>45 min</p> <p>Combination of cardio and strength training on Lustica Bay mountains. <i>Please meet in the Hotel lobby.</i></p>  | <p>BEST HIKING EXPERIENCE</p> <p>60 min</p> <p>Start your tour at Marina Village to reach our vintage point with a breath-taking view over Boka Bay.</p>  | <p>RIDE & RIPPED</p> <p>60 min</p> <p>Interval bike class combined with mat work designed to sculpt the upper body and core.</p>  |

Complimentary water and towel are provided
Private sessions are available upon request

Minimum number of participants is two people
For every activity 24-h notice is required

We reserve the right to alter the schedule should it be necessary,
due to inclement weather or other events beyond our control