

YOGA & PILATE

MINDFULL FITNESS

Sport focused on the connection between mind and body (Yoga & Pilate with interludes dedicated to Mobility & Relaxation)

When?

Every Thursday and Sunday:
8am to 9am or 9am to 10am

How?

Reservations required* with the Reception
reception.povo@rocseven.com

Who can join?

Open to hotel guests and external clients

**Maximum number of participants: 7*

RATES & CONDITIONS

RATES

1. Individual lessons:

- 25€ per hour / person
- 15€ for children (between 6 and 12 years old)

2. Private lessons (outside group lesson times):

- 45€ per hour / person
- 25€ for children (aged between 6 and 12)

3. Sport + breakfast package:

Includes: a 1h00 sports session and a gourmet breakfast.

- 50€ per person
- 30€ for children (aged 6 to 12)

CONDITIONS

Courses are open to both hotel and non-hotel guests.

Hotel clients will be invoiced if they cancel their lesson less than 24 hours in advance.

Cancellations made less than 24 hours in advance or no-shows by external clients will result in no further bookings.