

Mind, Body, and Soul Chenot Espace activities

We created a schedule of different complimentary activities to enhance your overall wellbeing.

Join us!

	AM SESSION	PM SESSION
MONDAY	CARDIO KICK BOXING 9.00-9.30 Location: Fitness studio	CORE BODY EXERCISES 4.00-4.30 Location: Fitness studio
TUESDAY	AQUA GYM 9.00-9.30 Location: Spa indoor pool	TABATA 4.00-4.30 Location: Fitness studio
WEDNESDAY	STRETCH YOUR BODY 9.00-9.30 Location: Fitness studio	NUTRITION CLASS 4.00-4.30 Location: Nutritionist office
THURSDAY	AQUA GYM 9.00-9.30 Location: Spa indoor pool	BODY BALANCE 4.00-4.30 Location: Fitness studio
FRIDAY	TABATA 9.00-10.00 Location: Fitness studio	CORE BODY EXERCISES 4.00-4.30 Location: Fitness studio
SATURDAY	OUTDOOR YOGA SESSION 8.00-9.00 Location: On the lawn between the gym and the spa pool	STRETCH YOUR BODY 4.00-4.30 Location: Fitness studio
SUNDAY	YOGA CLASS WITH EZGI 9.00-10.00 Location: Yoga studio	BODY BALANCE 4.00-4.30 Location: Fitness studio

We kindly ask you to pre-register your attendance at the CHENOT ESPACE.
Telephone ext. 1700/1702/1703



One&Only
PORTONOVİ
Montenegro

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