



Group Training Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>9.15-10.00</u> „Vytautas“ Functional training (POOL)	<u>8.15-8.45</u> „Vytautas“ Functional training (POOL)	<u>8.15-8.45</u> „Vytautas“ Functional training (POOL)	<u>8.15-8.45</u> „Vytautas“ Functional training (POOL)	<u>8.15-8.45</u> „Vytautas“ Functional training (POOL)	<u>8.15-8.45</u> „Vytautas“ Functional training (POOL)	<u>8.15-8.45</u> „Vytautas“ Functional training (POOL)
<u>11.00-11.45</u> TRX (M16)**	<u>11.00-11.45</u> TRX (M16)**	<u>11.00-11.45</u> TRX (M16)**	<u>11.00-11.45</u> TRX (M16)**	<u>11.00-11.45</u> TRX (M16)**	<u>11.00-11.45</u> TRX (M16)**	<u>11.00-11.45</u> TRX (M16)**
<u>16.00-16.45</u> „Healthy back“ (M17)	<u>16.00-16.45</u> „Healthy back“ (M17)	<u>16.00-16.45</u> „Healthy back“ (M17)	<u>16.00-16.45</u> „Healthy back“ (M17)	<u>16.00-16.45</u> „Healthy back“ (M17)	<u>16.00-16.45</u> „Healthy back“ (M17)	<u>16.00-16.45</u> „Healthy back“ (M17)
<u>17:00-17:45</u> WOD (workout of the day) (M16)	<u>17:00-17:45</u> WOD (workout of the day) (M16)	<u>17:00-17:45</u> WOD (workout of the day) (M16)	<u>17:00-17:45</u> WOD (workout of the day) (M16)	<u>17:00-17:45</u> WOD (workout of the day) (M16)	<u>17:00-17:45</u> WOD (workout of the day) (M16)	<u>17:00-17:45</u> WOD (workout of the day) (M16)

*Vytautas mineral SPA group training is free to any guest.

**TRX group has to be booked at the hotel reception.