



Activities for
every day

Monday, the day for vitality

- 8.00-8.20** Morning workout – exercises for the whole body
In the Thermalium gym
- 9.00** A tour of Terme 3000
We'll meet up in the Hotel Ajda lobby
- 10.00** Water gymnastics (Aqua-Vital)
In the Ajda pool
- 10.30** Water gymnastics (Aqua-Vital)
In the Termal pool
- 11.00** Water gymnastics (Aqua-Vital)
In the Terme 3000 pool complex
- 14.00** Cross-Training
in the Thermalium gym
- 17.00** A fair of cottage industry and handicraft products
in the Hotel Ajda lobby

Tuesday, the day for detox

- 8.00-8.20** Morning workout – detox exercises for the whole body
In the Thermalium gym
- 8.30** Morning ceremony with Tibetan rituals
in the Hotel Ajda meeting room (EUR 6 per person)*
- 10.00** Water gymnastics (Aqua-detox)
In the Ajda pool
- 10.30** Water gymnastics (Aqua-detox)
In the Termal pool
- 11.00** Water gymnastics (Aqua-detox)
In the Terme 3000 pool complex
- 14.00** Muscle release
in the Thermalium gym
- 20.30** Dance music
in the Hotel Ajda Tavern

Wednesday, the day for mobility

- 8.00-8.20** Morning Workout – mobility exercises in the
Thermalium gym
- 10.00** Water gymnastics (Aqua-Walking)
In the Ajda pool
- 10.30** Water gymnastics (Aqua-Walking)
In the Termal pool
- 11.00** Water gymnastics (Aqua-Walking)
In the Terme 3000 pool complex
- 14.00** Nordic walking
(EUR 1.00 per person)*

- 17.00** A fair of cottage industry and handicraft products
in the Hotel Ajda lobby
- 20.30** Dance music
in the Hotel Ajda Tavern

Thursday, the day for posture

- 8.00-8.20** Morning workout for a better posture
In the Thermalium gym
- 10.00** Water gymnastics (Aqua-flow)
In the Ajda pool
- 10.30** Water gymnastics (Aqua-flow)
In the Termal pool
- 11.00** Water gymnastics (Aqua-flow)
In the Terme 3000 pool complex
- 14.00** Pilates
In the Thermalium gym
- 17.00** Social hour
in Termal Küjkle
- 20.00** Prekmurje evening – a folklore group performance
in the Hotel Livada lobby (from 9.1.2020)

Friday, the day for stabilisation

- 8.00-8.20** Morning workout – core strengthening exercises
In the Thermalium gym
- 8.30** Morning ceremony with Tibetan rituals
In the Hotel Ajda meeting room (EUR 6 per person)*
- 10.00** Water gymnastics (Aqua-Core)
In the Ajda pool
- 10.30** Water gymnastics (Aqua-Core)
In the Termal pool
- 11.00** Water gymnastics (Aqua-Core)
In the Terme 3000 pool complex
- 14.00** A walk around Terme 3000
We'll meet in the Hotel Ajda lobby
- 17.00** A fair of cottage industry and handicraft products
in the Hotel Ajda lobby
- 20.30** Dance music
in the Hotel Ajda Tavern

Saturday, the day for body & mind

- 8.00-8.20** Morning workout- guided visualisation
In the Thermalium gym

TERME 3000 –
MORAVSKE TOPLICE

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9.00 Treasures of the Pannonian countryside

in the Hotel Termal lobby

10.00 Water gymnastics (Aqua-Balance)

In the Ajda pool

10.30 Water gymnastics (Aqua-Balance)

In the Termal pool

11.00 Water gymnastics (Aqua-Balance)

In the Terme 3000 pool complex

13.00 Creative workshop – drawing mandalas on wooden boxes

In Termal Kújkle (EUR 6.00 per person)*

20.00 Pianist

in the Hotel Livada Prestige

20.30 Dance music

in the Hotel Ajda Tavern

Sunday, the day just for me

8.00- Morning workout

8.20 In the Thermalium gym

10.00 Water gymnastics (Aqua-Gym)

In the Ajda pool

10.30 Water gymnastics (Aqua-Gym)

In the Termal pool

11.00 Water gymnastics (Aqua-Gym)

In the Terme 3000 pool complex

* Please register at the reception in the Hotel Ajda. Put your name on the list! Board games can be loaned from the reception desk of the Hotel Termal and you can socialise in Termal's Kújkle.

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MORAVSKE TOPLICE**

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