



SCHLOSS WARNSDORF

PRIVATKLINIK

DAILY ROUTINE AT SCHLOSS WARNSDORF

| Fasting | Eating |
|--|---|
| <p>07:00 - 08:00 am Welcome to weigh at Medical Department Tea and milk provided in the room</p> | <p>07:00 - 08:00 am Welcome to weigh at Medical Department Prunes provided in the room</p> |
| <p>08:00 am Kneipp Therapy in the spa</p> | |
| <p>08:00 - 09:30 am Tea in the Red Salon or in the Remise</p> | <p>08:00 - 10:00 am Breakfast in the dining room</p> |
| <p>08:30 - 09:00 am Monday to Friday: Morning Gymnastic in the gym Saturday to Sunday: Fascia Stretching in the gym</p> | |
| <p>09:30 - 10:15 am Body Shaping in the gym</p> | |
| <p>10:30 - 11:15 am Walking / Nordic Walking Meeting point at the main entrance</p> | |

| Fasting | Eating |
|--|--|
| <p style="text-align: center;">11:30 am - 12:00 pm Aqua Gym 1 in the pool (please, register at the reception)</p> | |
| <p style="text-align: center;">12:00 - 12:30 pm Aqua Gym 2 in the pool (please, register at the reception)</p> | |
| <p style="text-align: center;">11:00 am - 1:00 pm Fasting Soup in the Red Salon or in the Remise</p> | <p style="text-align: center;">12:00 - 1:30 pm Lunch in the dining room</p> |
| <p style="text-align: center;">12:00 - 2:00 pm Afternoon rest with liver wrap Waking up at 14 pm with tea</p> | <p style="text-align: center;">12:00 - 2:00 pm Afternoon rest</p> |
| <p style="text-align: center;">2:00- 5:00 pm Different afternoon events. Please, keep informed of current information, and register at the reception.</p> | |
| <p style="text-align: center;">5:00- 6:30 pm Fasting soup in the Red Salon</p> | <p style="text-align: center;">6:00- 7:30 pm Dinner at the Dining Room</p> |
| <p style="text-align: center;">From 18:30 am Different evening events. Please, keep informed of current information at the reception.</p> | |



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