

## **Program weekendu z dietą dr Bardadyna**

- **Friday**

16.00 accommodation  
17.30 supper  
18.30 organizational meeting  
19.30 free time, swimming-pool, sauna, you have an opportunity to use regeneration room

- **Saturday**

8.00 start up (on fresh air)  
9.00 breakfast  
10.00-12.00 exercises on swimming-pool (aquaerobic) (45 min), gymnastic (45 min) or Nordic Walking  
13.30 lunch  
14.30-17.00 Nordic Walking or horse-breeding farm or alternately activities on swimming-pool, gymnastic  
17.30 supper  
18.30 free time, swimming-pool, sauna, jacuzzi without limitations, you have an opportunity to use regeneration room

- **Sunday**

8.00 start up (on fresh air)  
9.00 breakfast  
10.00-12.00 exercises on swimming-pool (aquaerobic) (45 min), gymnastic(45 min) alternately Nordic Walking  
13.00 departure (day and night to 12, to the extent possible to 2 p.m.)  
13.30 lunch