

Wellness is in every corner of Borgo Egnazia

To start the day on the right foot and with the right spirit, all our guests will have the opportunity to participate for free at Vair morning classes of fitness and Iyengar Yoga.

Iyengar Yoga – Tuesday, Thursday, Saturday, and Sunday – 10 am at Vair Spa
(minimum age of 18 required, max 10 guests)

Fitwalking – Monday – 8 am gathering at the reception of Borgo Egnazia
(minimum age of 18 required, max 10 guests)

Stretching – Wednesday – 8 am gathering at the reception of Borgo Egnazia
(minimum age of 18 required, max 5 guests)

Borgo Jogging – Friday – 8 am gathering at the reception of Borgo Egnazia
(minimum age of 18 required, max 10 guests)