

Deniz, dađ, orman...

HK'da zayıflama deneyimi bambaşka

Konaklamalı doğa ve spor kampı konsepti

Sen de

HK Ailesine katıl!

Start with a warm welcome and overview of the retreat, highlighting its purpose and what attendees can expect to gain from the experience.



Obezite ile mücadeleye
adanmış bir ömür...

Halil Kargulu

Outline the wellness activities planned, such
as yoga, meditation, and nature walks, aimed
at promoting mental and physical well-being.

Açık Spor Alanları

Çember

Discuss the various workshops and sessions focused on personal growth, self-confidence, and empowerment, helping participants build a stronger sense of self.



Volleybol Basketbol Futbol Pedal

Discuss the various workshops and sessions focused on personal growth, self-confidence, .

Panatta...

İtalya

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Techno Gym

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TANITA MC780: Precision for Smart Transformation

Advanced Body Composition Analysis
at HK Resort

İLERLEME TAKİBİ

AĞIRLIK KAYBI

METABOLİK YAŞ



Tanita... Japonya

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SEGMENTAL ANALYSIS

Trunk Fat	
Left Arm Fat	40.5%
Right Arm Fat	30.2%
Left Leg Fat	35.1%
Right Leg Fat	35.1%
MUSCLE MASS	51.5 kg

Aqua Gym

Günlük düzenli yapılan
Aqua Gym dersleriyle
eğlenerek kilo verin!



Su Topu

Su topu maçlarıyla
kondüsyonunuzu
artırın ve zayıflayın!



LIFECUBE®
RENEW YOUR BODY

Life Cube

Almanya

Highlight the expertise and insights that guest speakers and panelists will bring, offering diverse perspectives and inspiration.

your private retreat in the heart of the forest

Doktor Hemşire

Start with a warm welcome and overview of the retreat, highlighting its purpose and what attendees can expect to gain from the experience.

Fizyoterapi

Start with a warm welcome and overview of the retreat, highlighting its purpose and what attendees can expect to gain from the experience.

Güzellik Merkezi

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SPA

Highlight the expertise and insights that guest speakers and panelists will bring, offering diverse perspectives and inspiration.

your private retreat in the heart of the forest

Pangolin

Günlük düzenli yapılan
Aqua Gym dersleriyle
eğlenerek kilo verin!

Bungalov

Su topu maçlarıyla
kondüsyonunuzu
artırın ve zayıflayın!

Penthouse

Günlük düzenli yapılan
Aqua Gym dersleriyle
eğlenerek kilo verin!

Comfort +

Su topu maçlarıyla
kondüsyonunuzu
artırın ve zayıflayın!

Fiyat Listesi

Pangolin

1500\$

Comfort + 1500\$

Penthouse 1500\$

VIP SUIT 1500\$

DELUXE 1500\$

Bungalov

1500\$



Doğa...

Outline the wellness activities planned, such as yoga, meditation, and nature walks, aimed at promoting mental and physical well-being.

presented by studio shedwe

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Haftalık program

Günlük düzenli yapılan
Aqua Gym dersleriyle
eğlenerek kilo verin!

Zumba

Tabata

Pilates

Step Aerobik

Fonksiyonel

Mobility



Circuit
Spinning
Mille

● presented by studio shodwe

your private retreat in the heart of the forest ●



TRX
Boot Camp
Kick Box

● presented by studio shodwe

your private retreat in the heart of the forest ●

Size özel Sağlıklı Menüler

Outline the wellness activities planned, such as yoga, meditation, and nature walks, aimed at promoting mental and physical well-being.



Seyir, Manzara

Dinlenme Alanları

Highlight the expertise and insights that guest speakers and panelists will bring, offering diverse perspectives and inspiration.



Rekreasyon

Highlight the expertise and insights that guest speakers and panelists will bring, offering diverse perspectives and inspiration.

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for more details

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