



EMOTIONAL INDIVIDUAL

share time - value experiences

WEEKLY HIGHLIGHTS

Tuesday
until 10.00 p.m.
Late Night Spa
in the Panorama-Spa area - adults only

Wednesday
02.00 p.m.
Winter hiking tour to our ABERGALM
with sport guide Stefan



SATURDAY

15.01.

07.30 – 08.00 a.m.

Qi Gong
with Bianca

Meeting point at the **BewegungsReich** in the new **Panorama-Spa area**
Attention: Limited number of participants!
Registration via our APP
or at the reception until Friday 08.00 p.m.!

03.00 – 03.45 p.m.

Abs - booty - legs
with Szilvia

Meeting point at the **BewegungsReich** in the new **Panorama-Spa area**
Attention: Limited number of participants!
Registration via our APP
or at the reception!

SUNDAY

16.01.

07.30 – 08.00 a.m.

Ski gymnastic
with Szilvia

Meeting point at the **BewegungsReich** in the new **Panorama-Spa area**
Attention: Limited number of participants!
Registration via our APP
or at the reception,
until Saturday 08.00 p.m.!

03.00 – 03.45 p.m.

Cool Down Yoga
with sport guide Sabrina

Meeting point at the **BewegungsReich** in the new **Panorama-Spa area**
Attention: Limited number of participants!
Registration via our APP
or at the reception!

WEEKLY PROGRAMME
SUBJECT TO CHANGE

ENGLISH
10th of January -
16th of January 2022

MONDAY

10.01.

07.30 – 08.00 a.m.

Aqua gymnastic with Bianca

Meeting point at the **Infinity Sky-Pool** in our new **Panorama-Spa area**

Attention: Limited number of participants!
Registration via our APP or at the reception, until Sunday 08.00 p.m.!

08.30 – 9.15 a.m.

Sports information

Do you have questions about winter hiking, skiing or fitness?
Information at our Sports Corner!

09.30 a.m.

Sportive skiing with sport guide Stefan

Duration approx. 5 hours
Attention: Limited number of participants!
Registration via our APP or at the reception!

02.00 – 02.45 p.m.

Bodyweight workout with sport guide Sabrina

Meeting point at the **BewegungsReich** in the new **Panorama-Spa area**

Attention: Limited number of participants!
Registration via our APP or at the reception!

03.00 – 03.45 p.m.

Cool down yoga with sport guide Sabrina

Meeting point at the **BewegungsReich** in the new **Panorama-Spa area**

Attention: Limited number of participants!
Registration via our APP or at the reception!

TUESDAY

11.01.

07.30 – 08.00 a.m.

Morning Yoga with sport guide Sabrina

Meeting point at the **BewegungsReich** in the new **Panorama-Spa area**

Attention: Limited number of participants!
Registration via our APP or at the reception, until Monday 08.00 p.m.!

from 08.00 a.m.

Vitality and energy check with mental coach Erwin Doring

Meeting point in the Panorama Spa free of charge per person 20 min
Registration at the reception, until Monday 8.00 p.m.!

08.30 – 9.15 a.m.

Sports information

Do you have questions about winter hiking, skiing or fitness?
Information at our Sports Corner!

10.00 a.m.

Snowshoe hiking with sport guide Stefan

Discover the beauty of the untouched snowy landscape with Stefan. The tour is adapted to the ability and endurance of the participants.

Attention: Limited number of participants!
Registration via our APP or at the reception!

03.00 – 03.45 p.m.

Core training with sport guide Sabrina

Meeting point at the **BewegungsReich** in the new **Panorama-Spa area**

Attention: Limited number of participants!
Registration via our APP or at the reception!

until 10 p.m.

Late Night Spa

Relax in our **new panorama-spa** with a beautiful view to the night sky
Adults only – minimum age 14 years old

WEDNESDAY

12.01.

07.30 – 08.00 a.m.

Active start to the day with Szilvia

Meeting point at the **BewegungsReich** in the new **Panorama-Spa area**

Attention: Limited number of participants!
Registration via our APP or at the reception, until Tuesday 08.00 p.m.!

08.30 – 9.15 a.m.

Sports information

Do you have questions about winter hiking, skiing or fitness?
Information at our Sports Corner!

09.30 a.m.

Skiing for connoisseurs with sport guide Stefan

Duration approx. 3 hours
Attention: Limited number of participants!
Registration via our APP or at the reception!

02.00 p.m.

Winter hiking to Abergalm with sport guide Stefan

Winter hike through the picturesque Schwarzleotal to our Abergalm. Suitable for the whole family.

Good shoes required!
Attention: Limited number of participants!
Registration via our APP or at the reception!

03.00 – 03.45 p.m.

Fascia roll training with sport guide Sabrina

Meeting point at the **BewegungsReich** in the new **Panorama-Spa area**

Attention: Limited number of participants!
Registration via our APP or at the reception!

THURSDAY

13.01.

07.30 – 08.00 a.m.

Warm up yoga with sport guide Sabrina

Meeting point at the **BewegungsReich** in the new **Panorama-Spa area**

Attention: Limited number of participants!
Registration via our APP or at the reception, until Wednesday 08.00 p.m.!

09.00 – 9.45 a.m.

Sports information

Do you have questions about winter hiking, skiing or fitness?
Information at our Sports Corner!

10.00 a.m.

Snowshoe hiking with sport guide Stefan

Discover the beauty of the untouched snowy landscape with Stefan. The tour is adapted to the ability and endurance of the participants.

Attention: Limited number of participants!
Registration via our APP or at the reception!

03.00 – 03.45 p.m.

Functional training with sport guide Sabrina

Meeting point in gym FIT-LEO
Attention: Limited number of participants!

Registration via our APP or at the reception!

FRIDAY

14.01.

07.30 – 08.00 a.m.

Aqua gymnastic with Bianca

Meeting point at the **Infinity Sky-Pool** in our new **Panorama-Spa area**

Attention: Limited number of participants!
Registration via our APP or at the reception, until Thursday 08.00 p.m.!

08.30 – 9.15 a.m.

Sports information

Do you have questions about winter hiking, skiing or fitness?
Information at our Sports Corner!

09.30 a.m.

Sportive skiing with sport guide Stefan

Duration approx. 5 hours
Attention: Limited number of participants!
Registration via our APP or at the reception!

03.00 – 03.45 p.m.

Back exercise with Bianca

Meeting point at the **BewegungsReich** in the new **Panorama-Spa area**

Attention: Limited number of participants!
Registration via our APP or at the reception!