

Our Sports Programme in summer

All our activities are very popular and have a limited number of participants, which is why we recommend an early registration.

For reservations, please register at our Spa Reception by 18.00 o'clock the day before.
Subject to change.

⌵ ⌵ **For activities that follow our 'Moving Mountains' philosophy, look for the following symbol.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00	Morning Yoga Flow 45 minutes ⌵			Morning Yoga Flow 45 minutes ⌵		Morning Yoga Flow 45 minutes ⌵	
08:15		Aqua Fit 30 minutes			Aqua Fit 30 minutes		Aqua Fit 30 minutes
09:30						Kneipp Treading guided & explained 30 minutes ⌵	Yoga & Meditation on the Tschuggen platform 90 minutes
17:15	Sunset Yoga Flow 60 minutes ⌵	Yoga Routine 30 minutes ⌵	Sunset Yoga Flow 60 minutes ⌵	Kneipp Treading guided & explained 30 minutes ⌵	Pranajama & Meditation 60 minutes ⌵	Balance Flow 60 minutes ⌵	Sunset Yoga Flow 60 minutes
18:00				Balance Flow 60 minutes ⌵			

Our sauna infusions in the Bergsauna

Aroma infusion:
Daily at 18.00 o'clock

Sound infusion:
Daily at 19.00 o'clock

Yoga on the terrace:
All yoga classes take place on the fitness terrace, depending on the weather.

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Aqua Fit	Water gymnastics	Balance Flow	A health-orientated workout with yoga asanas to stretch and strengthen the body
Morning Yoga Flow	Yoga Flow, Vinyasa Style. Included are Pranayama breathing exercises, Yoga Sana, Yoga Nidra	Balance Routine	A health-orientated workout with yoga asanas to stretch and strengthen the body
Sunset Yoga Flow	Yoga Flow, calm yoga style. Includes pranayama, Yoga Sana, Yoga Nidra	Workout after Matt Gleed	Workout after Matt Gleed with body weight, dumbbells, balls, Theraband, TRX (sling)
Pranajama & Meditation	Pranajama and meditation according to seasons or situations	Outdoor Workout after Matt Gleed	Outdoor workout after Matt Gleed exclusively with body weight
Yoga on the Tschuggen platform	Yoga Flow, Vinyasa Style or calmer with meditation or fantasy journey at the end	Kneipp Treten	Treading water is Kneipp's best-known healing method. It works wonders for tired limbs and stimulates circulation, metabolism and blood flow, relieves insomnia and migraines and strengthens the immune system. Regular water treatments also have a positive effect on high blood pressure.
Yoga Routine	Sun salutation or moon salutation with short relaxation at the end		