

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 ⚡ | | | |
| 08:15 | Morning Yoga Flow 45 minutes ⚡ | | Aqua Vitality 30 minutes | | Aqua Vitality 30 minutes | Stretch & Relax 30 minutes ⚡ | Morning Yoga Flow 45 minutes ⚡ |
| 09:00 | | | | Stretch & Relax 30 minutes ⚡ | Yoga Flow on the Tschuggen platform 60 minutes ⚡ | Yoga Flow on the Tschuggen platform 60 minutes ⚡ | |
| 17:00 | Sunset Yoga Flow 45 minutes ⚡ | Stretch & Relax 30 minutes ⚡ | Stretch & Relax 30 minutes ⚡ | Workout by Matt Gleed & Stretch 45 minutes ⚡ | | Stretch & Relax 30 minutes ⚡ | Workout by Matt Gleed & Stretch 45 minutes ⚡ |
| 18:00 | | Yoga Flow Intensive 45 minutes ⚡ | Sunset Yoga Flow 45 minutes ⚡ | Sunset Yoga Flow 45 minutes ⚡ | Sunset Yoga Flow 45 minutes ⚡ | Yoga Flow Intensive 45 minutes ⚡ | Sunset Yoga Flow 45 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 Vitality

Water gymnastics

Morning Yoga Flow

Yoga Flow, Vinyasa Style. Included are Pranayama breathing exercises, Yoga Sana, Yoga Nidra.

Stretch & Relax

Professional stretching with a short relaxation session. Perfect after a day of hiking or biking.

Sunset Yoga Flow

Yoga Flow, calm yoga style. Includes pranayama, Yoga Sana, Yoga Nidra.

Sunset Yoga Flow on the Tschuggen platform

Yoga Flow, Vinyasa Style or calmer with meditation or fantasy journey at the end.

Workout by Matt Gleed & Stretch

Workout after Matt Gleed with body weight, dumbbells, balls, Theraband, TRX (sling).

Yoga Flow

A dynamic yoga flow that merges breathing and movement, like a meditation in motion.

Yoga Flow Intensive

A powerful & dynamic yoga sequence that challenges and stimulates body and mind in equal measure. In this intensive flow, we fluidly combine powerful asanas (postures) with your breath to create a continuous, energetic unit.