

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.

Subject to change.

We also offer private lessons on request.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30 - 07.30			Early Alpine Yoga			Early Alpine Yoga	
08.00 - 09.00				Alpine Hatha Yoga	Alpine Hatha Yoga	Balance Flow	Alpine Hatha Yoga
12.00 - 13.00			Mountain Power Flow		Balance Flow		
16.30 - 17.30				Forest and Mountain Meditation *			
17.30 - 18.30		Alpine Hatha Yoga	Balance Flow		Alpine Hatha Yoga	Alpine Hatha Yoga	