

# Our Sports Programme in winter

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 h 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				<b>Men’s Yoga</b> 45 minutes ⚡	<b>Morning Yoga Flow</b> 45 minutes ⚡		
08:15	<b>Morning Yoga Flow</b> 45 minutes ⚡	<b>Morning Yoga Flow</b> 45 minutes ⚡	<b>Aqua Fit</b> 30 minutes		<b>Aqua Fit</b> 30 minutes	<b>Morning Yoga Flow</b> 45 minutes ⚡	
09:15						<b>Faceyoga Refresh &amp; Relax</b> 30 minutes ⚡	<b>Snow Yoga</b> 45 minutes ⚡
10:15		<b>Snow Yoga</b> 45 minutes ⚡		<b>Balance Flow</b> 60 minutes ⚡			
17:00	<b>Sunset Yoga Flow</b> 45 minutes ⚡	<b>Workout after Matt Gleed</b> 30 minutes ⚡	<b>Sunset Yoga Flow</b> 45 minutes ⚡		<b>Sunset Yoga Flow</b> 45 minutes ⚡	<b>Men’s Yoga</b> 45 minutes ⚡	<b>Sunset Yoga Flow</b> 45 minutes ⚡
18:00	<b>Faceyoga Refresh &amp; Relax</b> 30 minutes ⚡	<b>Sunset Yoga Flow</b> 45 minutes ⚡	<b>Stretch and Relax</b> 30 minutes ⚡	<b>Sunset Yoga Flow</b> 45 minutes ⚡	<b>Stretch and Relax</b> 30 minutes ⚡	<b>Sunset Yoga Flow</b> 45 minutes ⚡	

## Our sauna infusions in the Bergsauna

**Alpine rose infusion:**  
Daily at 17.00 h

**Mint-spruce-lavender infusion:**  
Daily at 18.00 h

**Birch infusion:**  
Daily at 19.00 h