



Aktivprogramm

Monday

10 a.m.
Singing bowl
meditation
(40 Min) with Viera

1 p.m.
using fitness
equipment
correctly (15Min) with
Lukas

2 p.m. Stretching
(30 Min) with Lukas

Tuesday

10 a.m.
Pilates
(40Min) with Viera

2 p.m. Qi Gong 8
daily exercises
(30 Min) with Lukas

5:35 p.m.
Guided sauna in
the
Panoramasauna
(min.2 Pax)
6:15 p.m.
coffee-sugar-
scrub in the

Wednesday

10 a.m.
Hatha Yoga
(60Min) with Lukas

2 p.m.
Meditation
(30Min) with Lukas

Thursday

10 a.m.
Qi Gong
(50 Min) with Lukas

2 p.m.
Back fitness
(30Min) with Lukas

5:35 p.m.
Guided saune in
the
Panoramasauna
(min.2 Pax)
6:15 p.m.
Papaya-scrub in
the steam bath
(min2/max.8 Pers.)

Friday

10 a.m.
hike to the
Ebenbergalm
(2,5 h) with Lukas

2 p.m.
using fitness
equipment
correctly (15Min)
with Lukas

Saturday

10 a.m.
Aqua aerobics
(40Min) with Viera

Sunday

10 a.m.
Pilates
(40Min) with Viera



steambath
(min2/max.8 Pers.)

Aktivprogramm



*Meeting point:
Aktivprogramme → Wellnessrezeption
Aqua aerobics → Arkadenbad
Please sign in the day before*