

# Activity program

## Fit & fun program with Barbara & Luca Andrea & Dezio

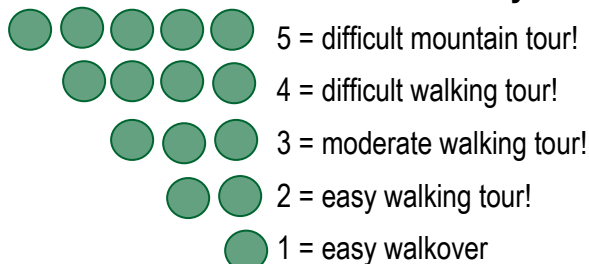
### Subject to modifications!

#### Fit & Fun Center

Opening hours: 07.00 am – 10.00 pm

Access with your key card

#### Level of difficulty:



### MONDAY

- 08.00 am – 08.30 am Aqua gym with Barbara (Meeting point: Indoor pool)
- 09.00 am – 10.00 am Sport information and proposal about hiking with Barbara at the reception
- 10.30 am – 01.30 pm **Small walking tour in the village with visit of the farm museum**  
● Registration until Monday 09.00 am – Meeting point: reception
- 12.30 am – 01.10 pm Back gym with Luca (Meeting point: Fit & Fun Centre)
- 02.15 pm – 04.45 pm **Bike-tour (MTB) with Luca** (Meeting point: reception)  
● ● Registration until Monday 12.00 am – max. 6 people
- 02.30 pm - 03.20 pm Tabata Interval Training with Barbara (Meeting point: Fit & Fun Centre)
- 03.30 pm – 04.00 pm Meridian Stretching with Barbara (Meeting point: Fit & Fun Centre)
- 04.00pm + 05.30pm: *Sauna infusion in the Infinity show sauna*  
01.00 + 03.00 + 06.00pm: *Aromatic infusion in the Finnish Alpine sauna*  
11.00am – 07.00 pm *Peppermint peeling in the steam bath*

### TUESDAY

- 08.00 am – 08.45 am Morning Walk & Run & Yoga with Barbara (Meeting point: reception)
- 09.00 am – 09.30 am Sport information and proposal about hiking with Luca at the reception
- 08.30 am – 03.30 pm **Surprise program with Barbara**  
● ● ● Registration until Monday 08.00 pm - Min: 4 people – Meeting point: reception
- 10.30 am – 11.30 am Circuit training with Luca (Meeting point: Fit & Fun Centre)
- 12.30 am – 01.00 pm Aqua gym with Luca (Meeting point: Indoor pool)

02.15 pm – 04.15 pm **Nordic Walking with Luca**  
Registration until Tuesday 12.00 am – Meeting point: reception



04.00pm + 05.30pm: *Sauna infusion in the Infinity show sauna*  
01.00 + 03.00 + 06.00pm: *Aromatic infusion in the Finnish Alpine sauna*  
11.00am – 07.00 pm *Lavender peeling in the steam bath*

## WEDNESDAY

08.00 am – 08.30 am Aqua gym with Barbara (Meeting point: Indoor pool)

09.00 am – 09.30 am Sport information and proposal about hiking with Luca at the reception

08.30 am – ca.03.30 pm  
or 10.30 am



### OUR PRIVATE MOUNTAIN REFUGE

**08.30 am: Guided excursion with Barbara**

**10.30 am: Guided excursion with Fam. Steinmair**

and than all together barbecue on our private refuge on the Uwaldalm  
Registration until Tuesday 08.00 pm – Meeting point: reception

02.15 pm - 03.15 pm Jogging with Luca (Meeting point: reception)

03.30 pm – 04.00 pm Stretching & relax with Luca (Meeting point: Fit & Fun Centre)

04.00pm + 05.30pm: *Sauna infusion in the Infinity show sauna*  
01.00 + 03.00 + 06.00pm: *Aromatic infusion in the Finnish Alpine sauna*  
11.00am – 07.00 pm *Marigold peeling in the steam bath*

## THURSDAY

08.00 am – 08.30 am Aqua gym with Barbara (Meeting point: *Indoor pool*)

09.00 am – 09.30 am Sport information and proposal about hiking with Luca at the reception

09.30 am – 01.30 pm **Guided excursion with Barbara**  
Registration until Wednesday 08.00 pm – Meeting point: reception



12.30 am – 01.20 pm Introduction fitness equipment with Luca (Meeting point: Fit & Fun Centre)


02.15 pm – 04.45 pm **Bike tour (MTB) with Luca** (Meeting point: reception)  
Registration until Thursday 12.00 am – max. 6 people




02.30 pm – 03.20 pm Pilates with Barbara (Meeting point: Fit & Fun Centre)

02.30pm + 06.00pm: *Sauna infusion in the Infinity show sauna*  
01.00 + 03.00 + 05.00 pm: *Aromatic infusion in the Finnish Alpine sauna*  
04.00pm *Scrub in the steam bath*  
11.00am – 07.00 *Rose peeling in the steam bath*

## FRIDAY

- 08.00 am – 08.30 am Aqua gym with Luca (Meeting point: Indoor pool)
- 09.00 am – 09.30 am Sport information and proposal about hiking with Luca at the reception
- 10.00 am – 01.30 pm **Walking tour between woods and pastures with Luca**  
 Registration until Thursday 08.00 pm – Meeting point: reception
- 02.30 pm - 03.15 pm Body workout with Luca (Meeting point: Fit & Fun Centre)
- 03.30 pm – 04.00 pm Stretching with Luca (Meeting point: Fit & Fun Centre)
- 02.30pm + 06.00pm: *Sauna infusion in the Infinity show sauna*  
01.00 + 03.00 + 05.00 pm: *Aromatic infusion in the Finnish Alpine sauna*  
04.00pm *Scrub in the steam bath*  
11.00am – 07.00 *Chamomile peeling in the steam bath*

## SATURDAY

- 08.00 am – 08.30 am Aqua gym with Luca (Meeting point: *Indoor pool*)
- 09.00 am – 09.30 am Sport information and proposal about hiking with Luca at the reception
- 10.00 am – 01.00 pm **Nordic Walking with Luca**  
 Registration until Saturday 09.00 am – Meeting point: reception
- 02.00 pm – 03.00 pm **HELIKOPTER TOUR TO THE THREE PEAKS OF LAVAREDO**  
Start on our private landing place – max. 5 people! (Surcharge)  
Registration until Thursday 06.00 pm – Meeting point: reception
- 02.30pm + 06.00pm: *Sauna infusion in the Infinity show sauna*  
01.00 + 03.00 + 05.00 pm: *Aromatic infusion in the Finnish Alpine sauna*  
04.00pm *Scrub in the steam bath*  
11.00am – 07.00 *Melissa peeling in the steam bath*

## SUNDAY

- 04.00pm + 05.30pm: *Sauna infusion in the Infinity show sauna*  
01.00 + 03.00 + 06.00pm: *Aromatic infusion in the Finnish Alpine sauna*  
11.00am – 07.00 pm *Thyme peeling in the steam bath*

**On demand - Personal Training:** For more information please contact our fitness instructors Barbara and Diego (extra charge)

Punctuality guarantees a successful course and helps prevent injuries!