

# Activity program

## Fit & fun program

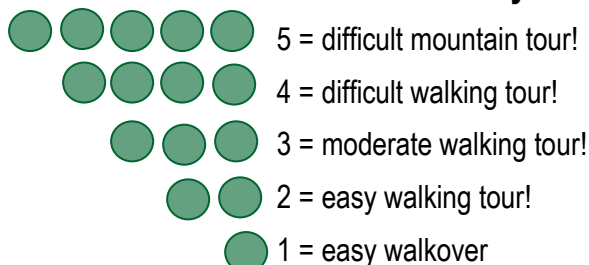
### Subject to modifications!

#### 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 – 09.45 am Sport information and proposal with Barbara at the reception
- 09.50 am – 11.50 am **Cross country course beginners CLASSIC TECHNIQUE with Barbara (from 10 years)**  
Registration until Monday 09.00 am – Max. 8 people  
**ATTENTION:** extra charge 15 € per person: slope ticket & equipment for 2 hours included!  
To pay directly to Barbara! Meeting point: Reception at 09.50 am.
- 02.10 pm - 03.00 pm Spinning & Body Workout with Barbara (Meeting point: Fit & Fun Center)  
**Attention:** max. 6 people: **registration** until Monday 01.00 pm at the reception!
- 03.10 pm – 03.30 pm Yoga with Barbara (Meeting point: Fit & Fun Center)
- 11.00 am – 7.00 pm Peppermint peeling (in the vapor bath)

### TUESDAY

- 08.00 am – 08.30 am Aqua gym with Barbara (Meeting point: Indoor pool)
- 09.00 am – 09.45 am Sport information and proposal with Barbara at the reception
- 09.50 am – 11.50 am **Cross country course beginners CLASSIC TECHNIQUE with Barbara (from 10 years)**  
Registration until Monday 09.00 am – Max. 8 people  
**ATTENTION:** extra charge 15 € per person: slope ticket & equipment for 2 hours included!  
To pay directly to Barbara! Meeting point: Reception at 09.50 am.
- 10.30 am – 01.00 pm **Snow shoe walk** (from 10 years)  
Duration of hiking: ca. 2 hours – ca. 250 meter difference in altitude  
**Registration** until Tuesday 09.00 am – Meeting point: Reception at 10.30 am!



01.15 pm – 03.15 pm **Cross country course beginners SKATING TECHNIQUE with Barbara (from 10 years)**  
Registration until Monday 12.00 am – Max. 8 people  
**ATTENTION:** extra charge 15 € per person: slope ticket & equipment for 2 hours included!  
To pay directly to Barbara! Meeting point: Reception at 01.15 pm.

02.00 pm – 02.45 pm Pilates (Meeting point: Fit & Fun Center)

11.00 am – 7.00 pm Lavender peeling (in the vapor bath)

## WEDNESDAY

10.00 am – 03.00 pm **HOTEL EXCURSION TO THE UWALDALM with MARGIT & ERICH:**  
**Guided excursion with the culinary highlight 'HUTESSEN' in the hut**  
Duration of hiking: ca. 1,5 hours until the hut – ca. 500 meter difference in altitude  
**Registration** until Tuesday 06.00 pm – **min. 4 people** – Meeting point: Reception 09.50 am!

11.00 am – 7.00 pm Marigold peeling (in the vapor bath)

## THURSDAY

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

09.10 am – 01.30 pm **On the roots of the BIATHLON champions in the 'Südtirol Arena' (from 12 years)**  
(with cross country skies or snow shoes)  
**Registration** until Wednesday 06.00 am – **min. 4 people** – Meeting point.: Reception 09.10 am!  
**ATTENTION:** extra charge of **30 €** per person – Equipment not included!  
To pay directly to Barbara!  
Our hotel bus can accommodate the first 8 registered guests!  
All other guests we kindly ask to organize them by their own cars! Thank you!

10.30 am – 12.15 am **Snow shoe walk** (ca. 150 meter difference in altitude)  
**Registration** until Thursday 09.00 am – Meeting point: Reception until 10.30 am!

02.00 pm – 02.45 pm Special abdominal and back workout (Meeting point: Fit & Fun Center)

11.00 am – 7.00 pm Rose peeling (in the vapor bath)

## FRIDAY

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

09.00 am – 09.45 am Sport information and proposal with Barbara at the reception

09.50 am – 11.50 am **Cross country course beginners CLASSIC TECHNIQUE with Barbara (from 10 years)**  
Registration until Monday 09.00 am – Max. 8 people  
**ATTENTION:** extra charge 15 € per person: slope ticket & equipment for 2 hours included!  
To pay directly to Barbara! Meeting point: Reception at 09.50 am.

01.50 pm – 03.50 pm **Cross country course beginners SKATING TECHNIQUE with Barbara (from 10 years)**  
Registration until Monday 12.00 am – Max. 8 people  
**ATTENTION:** extra charge 15 € per person: slope ticket & equipment for 2 hours included!  
To pay directly to Barbara! Meeting point: Reception at 01.15 pm.

11.00 am – 7.00 pm Chamomile peeling (in the vapor bath)

## SATURDAY

10.30 am – 01.30 am



**Snow shoe excursion** (from 10 years)

Duration of hiking: ca. 3 hours – ca. 400 meter difference in altitude

**Registration** until Saturday 09.00 am – Meeting point: Reception at 10.30 am!

02.20 pm – 03.00 pm Abdominal training (Meeting point: Fit & Fun Center)

11.00 am – 7.00 pm Melissa peeling (in the vapor bath)

## SUNDAY

11.00 am – 7.30 pm Thyme peeling (in the vapor 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!