



# FITNESS ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
morning	07:00							
	07:30		Running		Running	Running		
	09:00	Water Gym				Water Gym		
	09:30							
	10:00	Yoga	Hiking	Functional Training	Detox Kitchen Class*	Yoga	Nature Experience	
	10:30							
	11:00					Stroll through Lichtentaler Allee	Detox Tea Experience	
	11:30							
	12:00				Get-In-Touch Lunch			
12:30								
afternoon	02:30	Stroll through Lichtentaler Allee		Gym Instruction	Fascia Training	Mini Samba-Tour	Gym Instruction	
	03:00							
	03:30		Detox Tea Experience		Nature Experience			
	04:00			Yoga				
	04:30							
	05:00							
	06:30			Water Gym				

- **Nature Experience** Nordic walking or excio-walk, max. 5 persons
- **Water Gym** Workout in the water, max. 5 persons
- **Yoga** Sessions, max. 5 persons
- **Detox Kitchen Class** Tips for implementing healthy nutrition even after the stay, max. 5 persons

- **Fascia Training** Physical exercises to specifically promote the different properties of the muscular connective tissue, max. 5 persons
- **Gym Instruction** Introduction to the fitness devices, max. 5 persons
- **Hiking** from easy to challenging, max. 5 persons

- **Mini Samba-Tour** Introductory tour with healthy snacks, max. 5 persons
- **Stroll through Lichtentaler Allee** accompanied by member of the management, max. 10 persons
- **Get-In-Touch Lunch** Group lunch with all the participants and coaches of the package, max. 5 persons

- **Functional Training** Complex movements that simultaneously exert a range of joints and muscle groups, max. 5 persons
- **Running** with the management, max. 5 persons
- **Detox Tea Experience** Short seminar about detoxifying teas including a tasting, max. 10 persons

Registrations are requested by each evening before 5:00 p.m. by dialing extension # 601. \*Registrations are requested by Tuesday 12 o'clock.