

**Vital programme - overview**

In case of conflicting schedules with your personal therapy plan please contact the medical reception.  
Possible changes will be printed in the daily morning post.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:20 - 07:50 Morning walk (I)	07:20 - 07:50 Morning walk (I)	07:20 - 07:50 Morning walk (I)	07:20 - 07:50 Morning walk (I)	07:20 - 07:50 Morning walk (I)		
08:00 - 08:25 Morning gymnastics (I+II)	08:00 - 08:25 Morning gymnastics (I+II)	08:00 - 08:25 Morning gymnastics (I+II)	08:00 - 08:25 Morning gymnastics (I+II)	08:00 - 08:25 Morning gymnastics (I+II)		
08:30 - 08:55 Spinal training in the pool (II)	08:30 - 08:55 Aqua fit in the pool (I+II)	08:30 - 08:55 Strength training in the pool (II)	08:30 - 08:55 Joint mobilisation in the pool (II+III)	08:30 - 08:55 Core Training in the pool (II)		
09:30 - 10:20 Cardio workout (I) (registration)	09:00 - 09:25 Pelvic floor training (II) in English	10:00 - 10:50 Pilates (II)	09:00 - 09:25 Gymnastics for the feet (II) in German	09:00 - 09:25 Circuit Training (II)	10:00 - 10:25 Morning gymnastics (I+II)	10:00 - 10:25 Morning gymnastics (I+II)
10:30 - 10:55 Fasciae training (I) in English (registration)	10:00 - 10:50 Forest Walk with heart rate measurement (I) (registration)	11:00 - 11:25 Knee stabilisation training (II)	09:00 - 09:50 Relaxation training Jacobson (IV) in English (registration)	10:00 - 10:50 Emotional Wellbeing (IV) in English (registration)	10:30 - 10:55 Thera-Band training (II)	10:30 - 10:55 Stretching (III)
11:30 - 11:55 Introduction strength training (II) in German (registration)	11:20 - 12:10 Skills Training (IV) in English (registration)	11:30 - 11:55 Introduction strength training (II) in English (registration)	10:30 - 11:20 CrossFit indoor (I+II) (registration)	10:00 - 10:50 Yoga - stabilisation & mobility (V+IV) in German (registration)	11:30 - 11:55 Aqua fit in the pool (I+II)	11:30 - 11:55 Aqua jogging in the pool (I+II) (registration)
	11:30 - 11:55 Body Balance (V)		11:30 - 11:55 Stretching for „Desk-Warriors“ (III)	11:00 - 11:50 NATUREletics (I+II) (registration)		
13:00 - 13:55 Assistance fitness room	13:00 - 13:55 Assistance fitness room	12:30 - 13:25 Assistance fitness room	12:30 - 13:30 Physiotherapeutic assistance fitness room	13:30 - 14:20 Nordic Walking (I) (registration)	13:00 - 13:55 Assistance fitness room	13:00 - 15:30 Walk in Ullwald and Lanser Plateau (I) (registration)
	14:00 - 16:00 Ice stock sport (I) (registration)	13:30 - 14:50 Nordic walking "Rinn" (I) (registration)	13:00 - 13:25 Golf Putting & Chipping (V) in German (registration)	15:00 - 15:50 Pilates (II)	14:00 - 14:50 Nordic Walking (I) (registration)	
		15:30 - 15:55 Slingtraining (II) (registration)	13:30 - 14:50 Nordic walking "Herzsee" (I) (registration)		15:00 - 15:25 Kybun (II+V) (registration)	
					15:30 - 15:55 Stability ball training (II)	
16:00 - 16:50 Sleep Coaching (IV) in English (registration)	16:00 - 16:25 Trampoline training (II+V) (registration)	16:00 - 16:25 Dance, Sweat & Smile (I+V) (registration)	16:00 - 16:25 Abdominal training (II)	16:00 - 16:25 Mind & Move (V) (registration)		
17:00 - 17:50 Yoga relaxation (IV) (registration)	16:30 - 16:55 Aqua jogging in the pool (I+II) (registration)	16:30 - 16:55 Cardiovascular training in the pool (I)	16:30 - 16:55 Aqua jogging in the pool (I+II) (registration)	16:30 - 16:55 Golf - Pre Shot (II+V) in German (registration)		
	17:00 - 17:30 evening walk (I)	17:00 - 17:50 Yoga for the back (V+IV) in German (registration)	17:00 - 17:30 evening walk (I)	16:30 - 16:55 Aqua "power" jogging in the pool (I+II) (registration)		
	17:00 - 17:50 Yoga Breathing & Mobilisation (V+IV) in English (registration)		17:00 - 17:50 Easygoing Yoga (II+V) (registration)	17:00 - 17:30 evening walk (I)		