

Would you like to improve your training session?
No problem, feel free to contact us, we will find the
the right offer for you. Our sports experts
will create an individual training programme for you.

150 € / 50 min.

We are pleased to receive your reservation at the Spa
reception or on telephone extension 601.

GROUP PROGRAM

Group training is the perfect way to challenge your own limits.
allow yourself to be pulled along by the other participants and
in the process discover new activities for yourself.

Our offers take place in small groups of two people or more.
Whether it's a round of circuit training in the private park
when the sun is shining, or in one of our exclusive fitness areas
during the colder season.

80 € / 45 min.

We are pleased to receive your reservation at the Spa reception
or on telephone extension 601.

Please make your reservation at least 24 hours in advance.
Cancellations are also requested 24 hours in advance.

WEEKLY OVERVIEW



Our Weekly dosis of sport

Monday

9:00-9:45 a.m.

Aqua



4:00 - 4:45 p.m.

Yoga



Tuesday

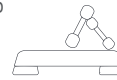
9:00 - 9:45 a.m.

Yoga



4:00 - 4:45 p.m.

Interval
training



Wednesday

9:00 - 9:45 a.m.

Pilates



2:00 - 2:45 p.m.

Walking



Thursday

9:00-9:45 a.m.

Aqua



Friday

9:00 - 9:45 a.m.

Yoga



4:00 - 4:45 p.m.

Pilates



Saturday

9:00 - 9:45 a.m.

Core training



4:00 - 4:45 p.m.

Stretch &
Relax



Sunday

9:00-9:45 a.m.

Aqua



4:00 - 4:45 p.m.

Yoga



We look forward to seeing you!