

Activity Programme Summer 2026

Move. Breathe. Stretch. Feel good.

June 2026 to October 2026

Whether you want to start the morning with energy, wind down calmly in the evening or find something somewhere in between: our activity programme brings movement, lightness and a good body feeling into your holiday day. Simply sign up, come along and join in.

Monday	4:00 pm – 5:00 pm TRX Training with Alex
Tuesday	7:00 am – 7:30 am Aqua Fitness with Alex 5:30 pm – 7:00 pm Yogilates with Susanne
Wednesday	7:00 am – 7:30 am Aqua Fitness with Alex 4:30 pm – 6:00 pm Vinyasa Yoga with Susanne 6:00 pm – 7:30 pm Back Yoga with Susanne
Thursday	7:00 am – 8:00 am Early Bird with Alex · full-body workout with dumbbells
Friday	4:00 pm – 5:00 pm Stretch & Relax fascia training with Alex
Saturday	7:45 am – 8:45 am TRX Training with Alex 9:00 am – 10:30 am Vinyasa Yoga with Susanne <i>The course does not take place on the first Saturday of each month.</i> 6:00 pm – 7:30 pm Yin Yoga with Susanne

Good to know

Participation in the activity programme is free of charge for our hotel guests.

Please register by 8:00 pm on the evening before at the latest.

For afternoon classes, registration by 1:00 pm on the same day is sufficient.

wendenfelserei

/ am Berg der Berge /