Active Program Winter 2026

Move. Breathe. Stretch. Feel good.

September 2026 thriugh May 2027

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 5:30 PM – 7:00 PM Yin Yoga & Fascia Stretching with Susanne
Tuesday	7:00 AM – 7:30 AM Aqua Fitness with Alex 5:30 PM – 7:00 PM Hatha Yoga with Susanne 5:30 PM – 7:00 PM Yogilates
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
Thursday	7:00 AM – 8:00 AM Full-Body Dumbbell Workout with Alex 6:00 PM – 7:30 PM Deep Stretch for Neck, Shoulders & Back with Susanne
Friday	4:00 PM – 5:00 PM Foam Rolling & Stretching with Alex
Saturday	7:45 AM – 8:45 AM TRX Training with Alex 9:00 AM – 10:30 AM The class does not take place on the first Saturday of each month Vinyasa Yoga with Susanne 6:00 PM – 7:30 PM Yin Yoga with Susann

Participation in the activity program is free of charge for our hotel guests. **We reserve the right to make short-notice changes due to illness.** 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.