

Friday, 31st July 2026

8:00 - 8:30 a.m.	Aqua Fitness aqua gymnastics in the family pool
8:00 - 9:20 a.m.	InfoPoint with Guide Florian
9:00 - 9:45 a.m.	Functional Training
from 9:30 a.m.	<u>"Choose Your Day" with Guide Florian</u> Together with our Outdoor Guide Florian, design an active day in the mountains. Whether "bike or hike" – today, anything is possible! Information & Registration: directly with Florian at the InfoPoint or at the hotel reception. Registration is possible until 5:00 p.m. the previous evening.
10:30 - 11:00 a.m.	Fascia Training
3:30 - 4:00 p.m.	Sixpack Training
4:30 p.m.	"Alpine rose" - Infusion in the garden sauna
4:30 - 5:45 p.m.	Yoga - Heart opener & posture of calm Soft stretches for the back, shoulders and the heart. Space - for new energy and expansiveness. (Registration by 10:30 a.m. on the same day, participants: max. 6 people)
5:30 p.m.	"Lavender" - Infusion in the garden sauna
6:00 - 6:30 p.m.	Deep Relaxation - Waterfall Clear thoughts - free flow. Inner images and flowing sounds cleanse and revitalise. (Registration by 10:30 a.m. on the same day, participants: max. 6 people)
6:30 p.m.	"Spruce needle" - Infusion in the garden sauna

Saturday, 01st August 2026

4:30pm - 5:45pm	Yoga with the power of nature "Forest time" Feel rooted, breathe in the vastness - in connection with the inner and outer natural space. (Registration by 10:30 am on the same day, participants: max. 6 people)
6:00pm - 6:30pm	Deep relaxation - Cloud dance "Relax weightlessly" Fantasy journey through vastness and lightness - relaxing for body and mind. (Registration by 10:30 am on the same day, participants: max. 6 people)

YOUR SUGGESTIONS MATTER TO US

Would you like a guided hike,
a tennis partner, or a new fitness idea?
Just let us know.

Share your idea with us - wherever possible, we will include
your suggestion directly in the current weekly programme.

Subject to change. Programme depends on the weather.
The meeting point for sports activities with Sam is at the SPA reception.

**Maximum 8 people in the exercise room. In case of bee allergy,
asthma, or any condition that may pose a limitation,
please inform the SPA reception!**

Your Weekly Programme
from 26th July to 01st August 2026



Sunday, 26th July 2026

3:30 - 4:00 p.m.	Fascia Training
4:30 p.m.	"Lavender" - Infusion in the garden sauna
4:30pm - 5:45pm	Yoga in balance "Power of the elements" Earth, water, fire, air and space. A journey through the elements. (Registration by 10:30 am on the same day, participants: max. 6 people)
5:30 p.m.	"Apple" - Infusion in the garden sauna
6:00pm - 6:30pm	Deep relaxation - Starry tent Come to rest under the canopy of the sky. A soothing journey through light and space - ideal at the end of the day. (Registration by 10:30 a.m. on the same day, participants: max. 6 people)
6:30 p.m.	"Alpine rose" - Infusion in the garden sauna

Monday, 27th July 2026

8:00 - 8:30 a.m.	Aqua Fitness aqua gymnastics in the family pool
8:00 - 9:20 a.m.	InfoPoint with Guide Florian
9:00 - 9:45 a.m.	Abs, Legs, Glutes
from 9:30 a.m.	<u>Hiking Day with Hiking Guide Florian</u> An unforgettable excursion into the mountain world of Serfaus – and the best part: It is tailored specifically to your wishes. From a leisurely walk to reaching a mountain summit, there is something for everyone. Information & Registration: directly with Florian at the InfoPoint or at the hotel reception. Registration is possible until 5:00 p.m. the previous evening. Equipment: Hiking boots, rain gear, and drinking water.
10:30 - 11:00 a.m.	Stretch & Relax
3:30 - 4:00 p.m.	Fit Boxing
4:30 p.m.	<u>Hut Evening at the</u> <i>SCHALBER ALM</i> We will meet at 5:00 p.m. at the top, at the mountain station "Alpkopf" (red gondola). Please take the last ride up at 4:50 p.m. After a relaxed walk together across the Murmliwasser, we will arrive at the Schalber Alm at around 5:30 p.m., where a warm welcome "Schnaps" awaits us as we take in the evening atmosphere on the alp. Afterwards, we will gather cosily at the Schalber Alm for dinner and enjoy authentic Austrian specialities prepared by our alpine chefs. At around 8:00 p.m., taxis will collect us from the alp and take us directly back to the hotel. Minimum number of participants: 8 people Registration: by Monday, 10:30 a.m. at the latest, at reception
5:30 p.m.	"Mountain herbs" - Infusion in the garden sauna
6:30 p.m.	"Eucalyptus" - Infusion in the garden sauna
	"Spruce needle" - Infusion in the garden sauna

Tuesday, 28th July 2026

8:00 - 8:30 a.m. **Aqua Fitness** aqua gymnastics in the family pool

8:00 - 9:20 a.m. **InfoPoint with Guide Florian**

9:00 - 9:45 a.m. **Back Fitness**

from 9:30 a.m.

Bike Day with Guide Florian

Today we explore the surrounding area on two wheels, at varying levels of difficulty. Your riding ability determines the tour, as safety and skill take priority alongside the natural experiences along the way.

Several tours possible per day, e-bike or mountain bike

Bike rental is available for a fee.

Information & Registration: directly with Florian at the InfoPoint or at the hotel reception. **Registration is possible until 5:00 p.m. the previous evening.**

9:30 a.m.



Fendels High Trail – Nature and Panoramic Views with Hiking Guide Karoline

By hotel shuttle, we travel to Fendels, the idyllic mountain village on the opposite side of the valley from Serfaus. From there, our hike leads us along scenic trails through forests and alpine landscapes to **Ochsenkopf (2,150 m)** and onward along a breathtaking high-altitude trail to **Plangger (2,200 m)**. Enjoy wonderful views over Serfaus and the impressive Tyrolean mountain landscape. After a leisurely rest, we continue our hike via the **Fendler Alm (1,970 m)** and finally make our way back to the **Sattelklause (1,850 m)**. Those who wish may round off the day with a **thrilling mountain cart ride down into the valley**.

Afterwards, the hotel shuttle takes us comfortably back to Serfaus.

Walking time: approx. 3 hours **Altitude gain:** 350 m ↑ / 350 m ↓

Difficulty: Moderate **Minimum number of participants:** 2 people

Meeting point: 9:30 a.m. in front of the hotel

Registration: by Monday evening at 8:00 p.m. at the latest, at reception

10:30 - 11:00 a.m.

Stretching

3:30 - 4:00 p.m.

Functional Training

4:30 p.m.

“Noble mint & Lemon” - Infusion

in the garden sauna

4:30 p.m. - 5:45pm

Yoga - Evening glow “A relaxing wind-down for body & mind”

Gentle movements - with calm breathing and plenty of space to feel.

(Registration by 10:30 am on the same day, Participants: max. 6 people)

5:30 p.m.

“Swiss stone pine & Mountain cedar” - Infusion

in the garden sauna

6:00pm - 6:30pm

Relaxation & Regeneration “Source of strength within you”

An invitation to recharge your batteries and center yourself

(Registration by 10:30 am on the same day, Participants: max. 6 people)

6:30 p.m.

“Lemongrass” - Infusion in the garden sauna



THE MAGIC OF THE MOMENT

All information for your holiday of pure pleasure
can be found at schalber.guestnet.info

Wednesday, 29th July 2026

8:00 - 8:30 a.m.

Aqua Fitness aqua gymnastics in the family pool

8:00 - 9:20 a.m.

InfoPoint with Guide Florian

9:00 - 9:45 a.m.

Fit Boxing

from 9:30 a.m.

Hiking Day with Hiking Guide Florian

There is plenty to discover beyond Serfaus Fiss Ladis, too. A short ride on our hotel shuttle opens the chance to discover waterfalls, gorges, rustic mountain huts and much more. Curious already?

Information & Registration: directly with Florian at the InfoPoint or at the hotel reception. **Registration is possible until 5:00 p.m. the previous evening.**

Equipment: hiking boots, rain gear, drinking water

10:30 - 11:00 a.m.

Swing Stick

3:30 - 4:00 p.m.

Fascia Training

4:30 p.m.

“Orange & Lemon” - Infusion in the garden sauna

4:30pm - 5:45pm

Yoga - Inner Balance “Centered & calm through the day”

A beneficial practice for more inner calm and clarity.

(Registration by 10:30 am on the same day, participants: max. 6 people)

5:00 p.m.

Aloe vera - scrub in the Japanese steam bath

5:30 p.m.

“Lavender” - Infusion in the garden sauna

6:00pm - 6:30pm

Deep relaxation - Breath of silence “Harmony for body and soul”

A space to let go, carried by a calm voice and gentle sounds.

(Registration by 10:30 a.m. on the same day, participants: max. 6 people)

6:30 p.m.

“Mountain herbs” - Infusion in the garden sauna

Thursday, 30th July 2026

8:00 - 8:30 a.m.

Aqua Fitness aqua gymnastics in the family pool

8:00 - 9:20 a.m.

InfoPoint with Guide Florian

9:00 - 9:45 a.m.

Abs, Legs, Glutes

from 9:30 a.m.

Bike Day with Guide Florian

A tour on the plateau, a riding safety course, or are you already ready for the trail? Just let us know, and Florian will plan the perfect bike day with you.

Several tours possible per day, e-bike or mountain bike

Bike rental is available for a fee.

Information & Registration: directly with Florian at the InfoPoint or at the hotel reception. **Registration is possible until 5:00 p.m. the previous evening.**

10:30 - 11:00 a.m.

Stretch & Relax

3:30 - 4:00 p.m.

Back Fitness

4:30 p.m.

“Mountain pine” - Infusion in the garden sauna

5:30 p.m.

“Apple” - Infusion in the garden sauna

6:30 p.m.

“Noble mint & Lemon” - Infusion in the garden sauna