

# Your weekly programme

from the 31<sup>st</sup> of March until the 6<sup>th</sup> of April 2024

Home is where love lives,  
where memories are born,  
where friends are always welcome,  
and a smile is always waiting for you.



## Sunday, March 31<sup>st</sup> 2024

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3:30pm - 4:00pm	<b>Fasciae training with Sam</b>
4:30pm	<b>"Hay flower" Infusion with Sam</b> in the garden sauna
5:30pm	<b>"Glacier mint" Infusion with Sam</b> in the garden sauna
6:30pm	<b>"Mountain herbs" Infusion with Sam</b> in the garden sauna

## Monday, April 1<sup>st</sup> 2024

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8:00am - 8:30am	<b>Aqua fit with Sam</b> Water gymnastics in the family pool
9:00am - 9:45am	<b>Legs, bums &amp; tums with Sam</b>
10:30am - 11:00am	<b>Calisthenics - Beginner workout with Sam</b> Calm movement guides that address several muscle groups
3:30pm - 4:00pm	<b>Back fit with Sam</b>
4:30pm	<b>"Melon and mint" Infusion with Sam</b> in the garden sauna
5:30pm	<b>"Apple" Infusion with Sam</b> in the garden sauna
6:30pm	<b>"Lavender" Infusion with Sam</b> in the garden sauna

## Tuesday, April 2<sup>nd</sup> 2024

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8:00am - 8:30am	<b>Aqua fit with Sam</b> Water gymnastics in the family pool
9:00am - 9:45am	<b>Theraband training with Sam</b>
10:30am - 11:00am	<b>Bodycombat with Sam</b> Full-body workout with martial arts elements and energetic movements
3:30pm - 4:00pm	<b>Stretch and relax with Sam</b>
4:30pm	<b>"Glacier mint" Infusion with Sam</b> in the garden sauna
5:30pm	<b>"Arolla pine and mountain cedar" Infusion with Sam</b> in the garden sauna
6:30pm	<b>"Honey" Infusion with Sam</b> in the garden sauna

## Wednesday, April 3<sup>rd</sup> 2024

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4:30pm - 5:45pm	<b>Aroma yoga with Sonja</b> "Magic of the moment" (Registration until 12pm on the same day, <b>Participants: max. 6 people</b> )
6:00pm - 6:30pm	<b>Deep relaxation with Sonja</b> "Sound and silence" (Registration until 12pm on the same day, <b>Participants: max. 6 people</b> )

## Thursday, April 4<sup>th</sup> 2024

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8:00am - 8:30am	<b>Aqua fit with Sam</b> Water gymnastics in the family pool
9:00am - 9:45am	<b>Athletic training with Sam</b> Functional stabilisation training, which increases wellbeing and performance
10:30am - 11:00am	<b>Calisthenics - Beginner workout with Sam</b> Calm movement guides that address several muscle groups
3:30pm - 4:00pm	<b>Bodycombat with Sam</b> Full-body workout with martial arts elements and energetic movements
4:30pm	<b>"Apple" Infusion with Sam</b> in the garden sauna
5:30pm	<b>"Birch whisk broom" Infusion with Sam</b> in the garden sauna
6:30pm	<b>"Alpine rose" Infusion with Sam</b> in the garden sauna

## Friday, April 5<sup>th</sup> 2024

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8:00am - 8:30am	<b>Aqua fit with Sam</b> Water gymnastics in the family pool
9:00am - 9:45am	<b>Theraband training with Sam</b>
10:30am - 11:00am	<b>Fasciae training with Sam</b>
3:30pm - 4:00pm	<b>Athletic training with Sam</b> Functional stabilisation training, which increases wellbeing and performance
4:30pm	<b>"Lavender" Infusion with Sam</b> in the garden sauna
4:30pm - 5:45pm	<b>Yoga with Sonja</b> "Get into the power" (Registration until 12pm on the same day, Participants: max. 6 people)
5:30pm	<b>"Beer" Infusion with Sam</b> in the garden sauna
6:00pm - 6:30pm	<b>Deep relaxation with Sonja</b> "Let go" (Registration until 12pm on the same day, Participants: max. 6 people)
6:30pm	<b>"Menthol" Infusion with Sam</b> in the garden sauna

## Saturday, April 6<sup>th</sup> 2024

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8:00am - 8:30am	<b>Aqua fit with Sam</b> Water gymnastics in the family pool
9:00am - 9:45am	<b>Coordination training with Sam</b>
10:30am - 11:00am	<b>Back fit with Sam</b>
3:30pm - 4:00pm	<b>Fasciae training with Sam</b>
4:30pm	<b>"Hay flower" Infusion with Sam</b> in the garden sauna
4:30pm - 5:45pm	<b>Yoga with Sonja</b> "Well grounded" (Registration until 12pm on the same day, Participants: max. 6 people)
5:30pm	<b>"Honey" Infusion with Sam</b> in the garden sauna
6:00pm - 6:30pm	<b>Deep relaxation with Sonja</b> "Positive affirmations" (Registration until 12pm on the same day, Participants: max. 6 people)
6:30pm	<b>"Orange" Infusion with Sam</b> in the garden sauna

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Changes are possible.

Maximum of 8 people at a time in the Gymnastics room.  
In case of sicknesses that could be of limitations,  
please let the people at the Wellness-Reception know.