

# Your weekly programme

from the 29<sup>th</sup> of March to the 5<sup>th</sup> of April 2026



## Sunday, March 29<sup>th</sup>, 2026

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3:30pm - 4:00pm	<b>Fasciae training</b>
4:30pm	<b>"Hay flower" infusion</b> in the garden sauna
5:30pm	<b>"Glacier mint" infusion</b> in the garden sauna
6:30pm	<b>"Lemongrass" infusion</b> in the garden sauna

## Monday, March 30<sup>th</sup>, 2026

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8:00am - 8:30am	<b>Aqua fit</b> Water gymnastics in the family pool
9:00am - 9:45am	<b>Legs, bums, tums</b>
10:30am - 11:00am	<b>Tai-Chi</b>
3:30pm - 4:00pm	<b>Back fit</b>
4:30pm	<b>"Orange &amp; Lemon" infusion</b> in the garden sauna
5:30pm	<b>"Menthol" infusion</b> in the garden sauna
6:30pm	<b>"Chamomile" infusion</b> in the garden sauna

## Tuesday, March 31<sup>st</sup>, 2026

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8:00am - 8:30am	<b>Aqua fit</b> Water gymnastics in the family pool
9:00am - 9:45am	<b>Theraband training</b>
10:30am - 11:00am	<b>Bodycombat</b> Full-body workout with martial arts elements and energetic movements
3:30pm - 4:00pm	<b>Stretch &amp; relax</b>
4:30pm	<b>"Rose" infusion</b> in the garden sauna
4:30pm - 5:45pm	<b>Yoga in balance</b> "The power of the elements" with Sonja Earth, water, fire, air and space. A journey through the elements. (Registration by 10:30 am on the same day, participants: max. 6 people)
5:30pm	<b>"Arolla pine &amp; mountain cedar" infusion</b> in the garden sauna
6:00pm - 6:30pm	<b>Deep relaxation</b> „Starry tent" with Sonja 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)
6:30pm	<b>"Honey" infusion</b> in the garden sauna

## Wednesday, April 1<sup>st</sup>, 2026

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8:00am - 8:30am	<b>Aqua fit</b> Water gymnastics in the family pool
9:00am - 9:45am	<b>Zumba</b>
10:30am - 11:00am	<b>Back fit</b>
3:30pm - 4:00pm	<b>Fit boxing</b>
4:30pm	<b>"Orange &amp; Lemon" infusion</b> in the garden sauna
5:00pm	<b>Honey - peeling</b> in the Japanese steam bath
5:30pm	<b>"Lemongrass" infusion</b> in the garden sauna
6:30pm	<b>"Chamomile" infusion</b> in the garden sauna

## Thursday, April 2<sup>nd</sup>, 2026

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8:00am - 8:30am	<b>Aqua fit</b> Water gymnastics in the family pool
9:00am - 9:45am	<b>Coordination training</b>
10:30am - 11:00am	<b>Theraband training</b>
3:30pm - 4:00pm	<b>Fasciae training</b>
4:30pm	<b>"Honey" infusion</b> in the garden sauna
4:30pm - 5:45pm	<b>Yoga - Evening glow</b> "A relaxing wind-down for body & mind" with Sonja Gentle movements - with calm breathing and plenty of space to feel. (Registration by 10:30 am on the same day, Participants: max. 6 people)
5:30pm	<b>"Mountain pine" infusion</b> in the garden sauna
6:00pm - 6:30pm	<b>Relaxation &amp; regeneration</b> "Source of strength within you" with Sonja An invitation to recharge your batteries and centre yourself. (Registration by 10:30 am on the same day, Participants: max. 6 people)
6:30pm	<b>"Glacier mint" infusion</b> in the garden sauna

## Friday, April 3<sup>rd</sup>, 2026

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08:00am - 08:30am	<b>Aqua fit</b> Water gymnastics in the family pool
09:00am - 09:45am	<b>Circuit training</b>
10:30am - 11:00am	<b>Bodycombat</b> Full-body workout with martial arts elements and energetic movements
3:30pm - 4:00pm	<b>Stretch &amp; relax</b>
4:30pm	<b>"Spruce needle" infusion</b> in the garden sauna
5:30pm	<b>"Wild orange" infusion</b> in the garden sauna
6:30pm	<b>"Hay flower" infusion</b> in the garden sauna

## Saturday, April 4<sup>th</sup>, 2026

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4:30pm	<b>"Lemongrass" infusion</b> in the garden sauna
5:00pm	<b>Honey - peeling</b> in the Japanese steam bath
5:30pm	<b>"Arolla pine &amp; mountain cedar" infusion</b> in the garden sauna
6:30pm	<b>"Glacier mint" infusion</b> in the garden sauna

## Sunday, April 5<sup>th</sup>, 2026

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4:30pm	<b>"Honey" infusion</b> in the garden sauna
5:30pm	<b>"Hay flower" infusion</b> in the garden sauna
6:30pm	<b>"Wild orange" infusion</b> in the garden sauna

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**Changes are possible.**  
**Maximum of 8 people at a time in the Gymnastics room.**  
**Meeting point at the SPA reception.**  
**In case of sicknesses that could be of limitations,**  
**please let the people at the SPA reception know.**