

Your Weekly Programme

from 20th to 25th September 2026



Friday, 25th September 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.	"Lemongrass" - Infusion in the garden sauna
5:30 p.m.	"Wild orange" - Infusion in the garden sauna
6:30 p.m.	"Eucalyptus" - Infusion in the garden sauna

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!**

Sunday, 20th September 2026

3:30 - 4:00 p.m.	Fascia Training
4:30 p.m.	"Wild orange" - Infusion in the garden sauna
5:30 p.m.	"Honey" - Infusion in the garden sauna
6:30 p.m.	"Apple" - Infusion in the garden sauna

Monday, 21st September 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, drinking water
10:30 - 11:00 a.m.	Stretch & Relax
3:30 - 4:00 p.m.	Fit Boxing
	<u>Hut Evening at the SCHALBER ALM</u> 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 Murliwasser, 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
4:30 p.m.	"Alpine rose" - Infusion in the garden sauna
4:30 - 5:45 p.m.	Aroma Yoga "Relax with all your senses" Gentle movements and soothing fragrances guide you to your inner balance. (Registration by 10:30 a.m. on the same day, participants: max. 6 people)
5:30 p.m.	"Eucalyptus" - Infusion in the garden sauna
6:00 - 6:30 p.m.	Deep Relaxation - Sound Journey "With sounds into silence" Sound instruments and gentle rhythms invite you to let go and dream. (Registration by 10:30 a.m. on the same day, participants: max. 6 people)
6:30 p.m.	"Mountain pine" - Infusion in the garden sauna

Tuesday, 22nd September 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.	<u>Bike Day with Guide Florian</u> 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.



9:15 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: 9:15 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.	“Honey” - Infusion in the garden sauna
4:30 - 5:45 p.m.	Yoga - Relax & Restore “Just let go” A calm yoga practice that relaxes the body and calms the mind. (Registration by 10:30 a.m. on the same day, participants: max. 6 people)
5:30 p.m.	“Swiss pine & Mountain cedar” - Infusion in the garden sauna
6:00 - 6:30 p.m.	Deep Relaxation - Yoga Nidra “For body & soul” Guided journey into deep calm - simply lie down, listen and relax. (Registration by 10:30 a.m. on the same day, participants: max. 6 people)
6:30 p.m.	“Alpine hay flower” - Infusion in the garden sauna

Wednesday, 23rd September 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
4:30 - 5:45 p.m.	Yoga Flow “Sun salutation & silence” Let the day flow - with lightness, breath and mindfulness. (Registration by 10:30 a.m. on the same day, participants: max. 6 people)
5:00 p.m.	Aloe Vera - Scrub in the Japanese steam bath
5:30 p.m.	“Pine & Swiss pine” - Infusion in the garden sauna
6:00 - 6:30 p.m.	Deep Relaxation - Forest of Tranquillity “A fantasy journey into nature” With sounds of nature and inner images into silence. (Registration by 10:30 a.m. on the same day, participants: max. 6 people)
6:30 p.m.	“Alpine herbs” - Infusion in the garden sauna

Thursday, 24th September 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.	“Apple” - Infusion in the garden sauna
5:30 p.m.	“Mountain pine” - Infusion in the garden sauna
6:30 p.m.	“Alpine hay flower” - 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