

Friday, 11th 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!**

Your Weekly Programme
from 6th to 11th September 2026



Sunday, 6th September 2026

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

Monday, 7th September 2026

8:00 - 8:30 a.m.	Aqua Fitness aqua gymnastics in the family pool
9:00 - 9:45 a.m.	Abs, Legs, Glutes
10:30 - 11:00 a.m.	Stretch & Relax
3:30 - 4:00 p.m.	Fit Boxing
	Hut Evening at the <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
4:30 p.m.	"Alpine herbs" - Infusion in the garden sauna
5:30 p.m.	"Eucalyptus" - Infusion in the garden sauna
6:30 p.m.	"Mountain pine" - Infusion in the garden sauna

Tuesday, 8th September 2026

8:00 - 8:30 a.m.	Aqua Fitness aqua gymnastics in the family pool
9:00 - 9:45 a.m.	Back Fitness
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 “Moving stillness - meditation in motion” Slow, mindful movements focusing on the breath. (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 - Heart Time “Sound & words” 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.	“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

Wednesday, 9th 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 in Balance “Power of the elements” Earth, water, fire, air and space. A journey through the elements. (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.	“Chamomile” - Infusion in the garden sauna
6:00 - 6:30 p.m.	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 herbs” - Infusion in the garden sauna

Thursday, 10th 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