

Your Weekly Programme

from 4th to 10th October 2026



Friday, 9th October 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.	“Choose Your Day” with Guide Florian 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.
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

Saturday, 10th October 2026

3:30 - 4:00 p.m.	Back Fitness
4:30 p.m.	“Orange & Lemon” - Infusion in the garden sauna
5:30 p.m.	“Pine & Swiss pine” - Infusion in the garden sauna
6:30 p.m.	“Lavender” - 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, 4th October 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, 5th October 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.	Hiking Day with Hiking Guide Florian 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
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3:30 - 4:00 p.m.	Fascia Training
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Hut Evening at the *SCHALBER ALM*

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 rose” - 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, 6th October 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.	Hike to the Gogles Alm with Hiking Guide Karoline  High above Fließ in the Tyrolean Oberland, at a lofty 2,017 m above sea level, lies the Gogles Alm, part of the Venet massif. From the stately hut amid steep alpine meadows, a spectacular view opens up over the Oberinntal, the Pitztal and the Kaunertal. No fewer than 64 peaks can be seen from the Gogles Alm – with the Hochzeiger (2,560 m), the Watzespitze (also known as Watze, 3,532 m), the Glockturm (3,355 m), the Furgler (3,004 m), the Schmalzkopf (2,728 m) and the Hohe Riffler (3,168 m) surely among the most striking summits of the surrounding mountain ranges. Walking time: approx. 3 hours Altitude gain: 400 m ↑ / 400 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
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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 - Evening Glow “A relaxing wind-down for body & mind” Gentle movements - with calm breathing and plenty of space to feel. (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.	Relaxation & Regeneration “Source of strength within you” An invitation to recharge your batteries and centre yourself. (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, 7th October 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>Hiking Day with Hiking Guide Florian</u> 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

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 - Inner Balance “Centred & calm through the day” A beneficial practice for more inner calm and clarity. (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 - 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.	“Alpine rose” - Infusion in the garden sauna

Thursday, 8th October 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>Bike Day with Guide Florian</u> 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.

3:30 - 4:00 p.m.	Back Fitness
4:30 p.m.	“Apple” - Infusion in the garden sauna
4:30 - 5:45 p.m.	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 a.m. on the same day, participants: max. 6 people)
5:30 p.m.	“Mountain pine” - Infusion in the garden sauna
6:00 - 6:30 p.m.	Deep Relaxation - Cloud Dance “Relax weightlessly” Fantasy journey through vastness and lightness - relaxing for body and mind. (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