

# Your weekly programme



# from the 24th until the 31st of December 2022

Christmas Is Here! A good time is coming
I wish it were here. The very best time in the whole year;
I am counting each day on my fingers and thumbs.
The weeks that must pass before Santa Claus comes.







## Saturday, December 24th 2022



5:30pm Christmas party with our children

Santa Claus is coming!

We sing Christmas carols together at the Christmas tree



Following from

06:30 pm

4:30pm

5:30pm

6:30pm



Our Christmas-Dinner

We kindly ask you to arrive at your table by 7:15 p.m. in order to be able to enjoy the entire course of this atmospheric evening in the best possible way.

11:30 pm Christmas Mass in the parish church Serfaus

## Sunday, December 25th 2022

3:30pm - 4:00pm Bodycombat with Sam

Full-body workout with martial arts elements and energetic movements



"Honey" Infusion with Sam in the garden sauna
Christmas Infusion with Sam in the garden sauna
"Lavender" Infusion with Sam in the garden sauna



# Monday, December 26th 2022

8:00am - 8:30am Aqua fit basic with Sam Water gymnastics in the family pool

9:00am - 9:45am Back fit with Sam

10:30am - 11:00am Thai Chi with Sam Meditation in motion

3:30pm - 4:00pm Fasciae training with Sam

4:30pm "Hay flower" Infusion with Sam in the garden sauna
5:30pm "Winter magic" Infusion with Sam in the garden sauna
6:30pm "Glacier mint" Infusion with Sam in the garden sauna



#### Tuesday, December 27th 2022

8:00am - 8:30am Aqua fit power with Sam Water gymnastics in the family pool

9:00am - 9:45am Athletic training with Sam

Functional stabilisation training, which increases wellbeing and performance

10:30am - 11:00am Flexi bar with Sam

3:30pm - 4:00pm Stretch & balance with Sam

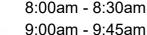
4:30pm "Spruce needle" Infusion with Sam in the garden sauna

5:30pm "Arolla pine & mountain cedar" Infusion with Sam in the garden sauna

6:30pm "Orange" Infusion with Sam in the garden sauna



#### Wednesday, December 28th 2022



Aqua fit boxing with Sam Water gymnastics in the family pool



10:30am - 11:00am

Legs, bums & tums with Sam Mobility & stretch with Sam

3:30pm - 4:00pm Bodycombat with Sam

Full-body workout with martial arts elements and energetic movements

4:30pm "Camomile" Infusion with Sam in the garden sauna

4:30pm - 5:45pm Yoga with Sonja "Arrive and let go"

(Registration until the same day 12 noon, Participants: max. 7 people)

5:30pm "Menthol" Infusion with Sam in the garden sauna 6:00pm - 6:30pm Yoga Nidra with Sonja "Journey to your place of power"

(Registration until the same day 12 noon, Participants: max. 7 people)

6:30pm "Eucalyptus" Infusion with Sam in the garden sauna

# Thursday, December 29th 2022

8:00am - 8:30am Aqua fit basic with Sam Water gymnastics in the family pool

9:00am - 9:45am Functional training with Sam
10:30am - 11:00am Theraband training with Sam
3:30pm - 4:00pm Fasciae training with Sam

4:30pm "Hay flower" Infusion with Sam in the garden sauna

5:30pm "Beer" Infusion with Sam in the garden sauna
6:30pm "Lavender" Infusion with Sam in the garden sauna

## Friday, December 30th 2022

8:00am - 8:30am Aqua fit power with Sam Water gymnastics in the family pool

9:00am - 9:45am Calisthenics - Beginner workout with Sam

Calm movement guides that address several muscle groups

10:30am - 11:00am Flexi bar with Sam

3:30pm - 4:00pm Athletic training with Sam

Functional stabilisation training, which increases wellbeing and performance

4:30pm "Alpine rose" Infusion with Sam in the garden sauna

4:30pm - 5:45pm Yogaflow with Sonja "Trust and lightness"

(Registration until the same day 12 noon, Participants: max. 7 people)

5:30pm "Honey" Infusion with Sam in the garden sauna

6:00pm - 6:30pm Yoga Nidra with Sonja "Deep relaxation"

(Registration until the same day 12 noon, Participants: max. 7 people)

6:30pm "Lemongrass" Infusion with Sam in the garden sauna

# Saturday, December 31st 2022

8:00am - 8:30am Aqua fit boxing with Sam Water gymnastics in the family pool

9:00am - 9:45am Legs, bums & tums with Sam

10:30am - 11:00am Thai Chi with Sam Meditation in motion

3:30pm - 4:00pm Bodycombat with Sam

Full-body workout with martial arts elements and energetic movements

4:00pm "Eucalyptus" Infusion with Sam in the garden sauna
5:00pm New Year's Eve Infusion with Sam in the garden sauna

from 06:00pm Champagne-Apero in our hotel lobby

from 07:00pm Festive Dinner 00:30am - 02:00am Midnight Buffet



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.



