ValSaa ALPIN RESORT

FIT & FUN PROGRAMM

	Monday		Tuesday		Wednesday		Thursday		Friday
08:00-08:45	Swim training	8:00 8:45	Good morning yoga	8:00 – 8:45	Back yoga	8:00 – 8:45	Good morning yoga	8:00-8:45	Freestyle swimming technique
		9:00 - 10:00	Zumba			9:00 – 10:00	Pilates		
9:30-10:00	Fitness program information in the lobby	10:00-11:20	Nordic Walking	9:30-10:00	Fitness program information in the lobby	10:00-10:45	Body Balance	9:00-10:00	Body and Mind Yoga - Pilates
10:20 – 11:20	Back workout	11:00-11:45	Meditation and Breathwork	10:20 – 11:20	Back Pilates	11:00-11:30	Stretching	10:20-11:00	Belly-Legs-Glutes
Pause									
15:00-15:30	Pilates	15:00-15:30	Strong Core	14:00-15:00	Yoga for the Soul	15:00 15:30	Yoga – Pilates Vital Flow	15:00 -15:30	Back workout
Guided sauna sessions									
16:00	Salt steam bath	16:00	Honey steam bath	16:00	Pine steam bath	16:00	Salt steam bath	16:00	Steam bath
17:00	Joint sauna infusion	17:00	Split sauna infusion	17:00	Joint sauna infusion	17:00	Surprise sauna infusion	17:00	Back sauna infusion
18:00	Sauna infusion	18:00	Sauna infusion	18:00	Sauna infusion	18:00	Sauna infusion	18:00	Sauna infusion

Registration: Please sign up at reception by 8:00 p.m. the day before.
Liability: We accept no responsibility for accidents, injuries, or losses that may occur before, during, or after participation. Participants are responsible for arranging their own accident and liability insurance. Program subject to change.

Saturdays and Sundays there are also Sauna infusions.

Tuesday Night Sauna
21:00-22:30
21:15 Steam Bath
21:45 „Birch Ritual“

Tania	Christoph
Jitka	Rosa