



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

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

4:30pm

"Honey" Infusion with Sam in the garden sauna

5:30pm

Christmas Infusion with Sam in the garden sauna

6:30pm

"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

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	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" <i>(Registration until the same day 12 noon, Participants: max. 7 people)</i>	
5:30pm	"Menthol" Infusion with Sam in the garden sauna	
6:00pm - 6:30pm	Yoga Nidra with Sonja "Journey to your place of power" <i>(Registration until the same day 12 noon, Participants: max. 7 people)</i>	
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" <i>(Registration until the same day 12 noon, Participants: max. 7 people)</i>	
5:30pm	"Honey" Infusion with Sam in the garden sauna	
6:00pm - 6:30pm	Yoga Nidra with Sonja "Deep relaxation" <i>(Registration until the same day 12 noon, Participants: max. 7 people)</i>	
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	

Changes are possible.

**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.**