

Plan your Week



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S U 0 2 . 0 3

M O 0 3 . 0 3 .

T U 0 4 . 0 3 .

W E 0 5 . 0 3 .

T H 0 6 . 0 3

F R 0 7 . 0 3

S A 0 8 . 0 3 .

S U 0 9 . 0 3 .

▲ 8.30 - 09.30 am
Functional Fitness
with Samantha
OPEN CLASS*

▲ 7.30 - 08.30 am
Morning Yoga
with Shahed
OPEN CLASS*

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Morning Yoga
with Shahed
OPEN CLASS*

▲ 8.30 - 09.30 am
Functional Fitness
with Samantha
OPEN CLASS*

▲ 5.45 - 6.45 pm
Evening Session
with Franziska
OPEN CLASS*

■ 9.30 am - 4 pm
Guided snowshoe hike
with Heinrich
WITH REGISTRATION*

● 2.30 - 3.10 pm
Soundbath
Price: 20€
WITH REGISTRATION*

▲ 5.45 - 6.45 pm
Evening Session
with Franziska
OPEN CLASS*

▲ 5.45 - 6.45 pm
Evening Session
with Franziska
OPEN CLASS*

● 3.30 - 4.10 pm
Soundbath
Price: 20€
WITH REGISTRATION*

■ 4 - 6 pm
Child care
with Evi in the yurt
WITH REGISTRATION*

▲ 5.45 - 6.45 pm
Evening Session
with Michaela
OPEN CLASS*

▲ 8:30 - 09:30 am
Pilates
with Anna
Price: 15€
OPEN CLASS*

■ 3 - 4 pm
Yoga for children
with Hanna in the yurt
WITH REGISTRATION*

▲ 5.45 - 6.45 pm
Evening Session
with Franziska
OPEN CLASS*

● 6.30 - 9.30 pm
DJ'n Drinks
with Cristian Rot
@Parkhotel Mondschein

■ 9.30 am - 4 pm
Guided snowshoe hike
with Heinrich
WITH REGISTRATION*

▲ 4 - 5.30 pm
**Restorative Yoga &
Sound Bath - Workshop**
Price: 20€
with Shahed
OPEN CLASS*

▲ 5.45 - 6.45 pm
Evening Session
with Franziska
OPEN CLASS*

● 8.30 pm
Jazz Session
with Michl Lösch
at the hotel bar

▲ 12 - 14 pm
Arm Balance Workshop
Price: 50€
with Shahed
OPEN CLASS*
@Parkhotel Mondschein

▲ **move:** inside & outside ● **enjoy:** music, talks & readings ■ **explore:** go out & find out

*Registration required at the reception.