

June

move. relax. flow



Saturday

8:00

Yin Yoga

16:00

Core Crusher

16:30

Vinyasa Yoga

Friday

8:00

Flow Yoga

16:00

Pilates

16:30

Ashtanga Yoga

Wednesday

8:00

Vinyasa Yoga

16:00

Booty Burner

16:30

Flow Yoga

Thursday

8:00

Ashtanga Yoga

16:00

Dance workout

(Regen)

or Aqua Fitness

(Sonne)

16:30

Hatha Yoga

Tuesday

8:00

Hatha Yoga

16:00

HIIT

16:30

Yin Yoga

Friday

5:00 PM

Welcome Cocktail
with Maria & Kristina
Lounge or Pool



Superfood Breakfast



Proteins
Vegetarian, vegan,
experimental
in the apartment,
buffet or
Floating breakfast
7:00 – 10:00 AM

Yoga Retreats



spring & autumn

Öffnungszeiten



Pool 7:30 AM – 7:30 PM
Gym 24/7
Sauna
3:00 PM – 9:00 PM

Massage times

Tuesday to Saturday,
available at: 11:00 AM, 2:00 PM, 3:00 PM, and 5:00 PM

Massages

Who? Kristina, our trained health coach
and masseuse, will tailor each treatment
individually to your needs.

Book now anytime conveniently via
our guest app **SAM** or at the reception.

Note!

All yoga and fitness classes are
included in the price!
Registration via the guest app SAM
or at the reception!
Meeting point: gym or outdoor
yoga area!

