



Weekly program

Bergland Design- and Wellnesshotel Sölden



Monday, 02.11.2020

04.30 p.m. - 05.20 p.m.: belly legs butt training with Lisette
meeting point: Sky Spa Reception

Wednesday, 04.11.2020

10.00 a.m. - 10.50 a.m.: Back training with Lisette
meeting point: Sky Spa reception

Thursday, 05.11.2020

10.00 a.m. - 10.50 p.m.: belly legs butt training with Lisette
meeting point: Sky Spa Reception

For hiking- and tour information please asked your reception team.

**We are happy to accept registrations at the reception.
The maximum number of participants for the activities is 3 or 4 people.**