

BERGLAND'S

Activity program

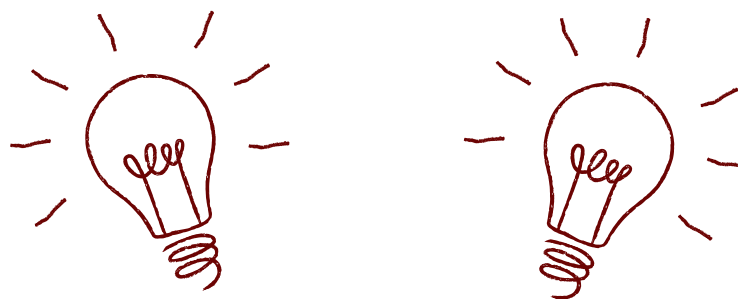
MONDAY

Pilates with Simone 5.00 till 5.50 p.m.
meeting.point: skyspa reception



Registration at the reception
necessary until
06:00 p.m. the day before.
Minimum participants: 3

TUESDAY



Skisafari

with our host Sigi Grüner
9.30 - 3.30 p.m.

Experience the most beautiful slopes and the
most rustic huts.
requirement: skiing red ski slopes
meeting.point: sports shop



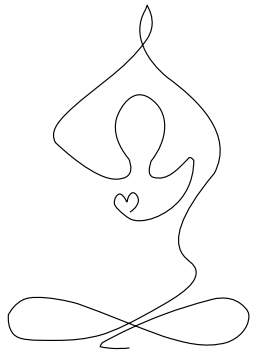
WEDNESDAY

Yogalitis with Simone 5.00 - 5.50 p.m.
meeting.point: skyspa reception



THURSDAY

Thai Yoga with Simone 8.30 - 9.20 a.m.
meeting_point: skyspa reception



Snowshoe hike /winter hike
with Simone 09:30 a.m. meeting_point: reception



FRIDAY

Pilates with Simone 5.00 till 5.50 p.m.
meeting_point: skyspa reception



SATURDAY

Our personal recommendation:
A hot chocolate in the IceQ with an
unforgettable view of the Ötztal
mountains.



SUNDAY

**We wish you
a wonderful
and active week.**

