



Adults & family weekly winter programme (example)

SATURDAY

18.30	Welcome cocktail with family Dr. Zitka in the hotel lobby
from 18.45	Buffet with Austrian specialities

SUNDAY

07.30	Warm-up and soft awakening
17.00	Get fit with aerobic, thighs-bums-tums and stretching <i>Maximum number of participants: 10 persons.</i> Meeting point: „Fit & Relax“ gymnastic room
from 20.00	Piano evening in our restaurant and hotel bar
20.30	We play cards or board games Meeting point at the reception

MONDAY

11.00	Guided winter walking tour Meeting point at the reception
17.00	Table tennis tournament in our adventure arena
20.30	Sonngastein is looking for the target goal king! We will give you one chance to place 6 shots on the goal wall (3 in the bottom corner and 3 in the top corner) Our awards: The winner of the season (winter / summer) wins a free day at the hotel. The daily winner wins a cocktail of choice

Highlight 6 shots, 6 hits, you win one week at the hotel – the ranking is continuously actualized on *facebook*.

TUESDAY

16.15	Gymnastics for your back and spine <i>Maximum number of participants: 10 persons.</i> Meeting point: „Fit & Relax“ gymnastic room
17.15	Aqua Fit Meeting point in our thermal indoor pool
18.00	Torch winter walk Let's go for a beautiful evening stroll with torches along the riverside. Meeting point at the front desk.
from 18.30	Italian Buffet

WEDNESDAY

10.30	Snowshoe walking tour (fee)
17.00	Get fit with aerobic, thighs-bums-tums and stretching <i>Maximum number of participants: 10 persons.</i> Meeting point: „Fit & Relax“ gymnastic room
18.00	Yoga Find a new body balance through easy exercises <i>Maximum number of participants: 10 persons</i> Meeting point: “Fit & Relax“ gymnastic room.
20.30	Soccer match in our adventure arena Meeting point right there

THURSDAY

17.00	Progressive muscle relaxation PMR <i>Maximum number of participants: 10 persons</i> Meeting point: “Fit & Relax“ gymnastic room.
17.35	Dance afternoon in our adventure arena – get loose with hot Caribbean dance rhythms. Meeting point right there.
18.00	Air-Hockey tournament in our adventure arena Meeting point right there
from 20.00	Piano evening in our restaurant and hotel bar
20.30	“Eisstockschießen“ similar to curling on our hotel-owned track

FRIDAY

12.30	Alpine ski tour with Dr. Franz-Alexander Zitka
17.00	Pilates <i>Maximum number of participants: 10 persons</i> Meeting point: “Fit & Relax“ gymnastic room.
from 19.00	Romantic candlelight Gala-Dinner in our restaurant (Elegant dress code). Enjoy a beautiful evening with delicious dishes.

The participation of all programmes is at one's own risk and danger.

