



Teens weekly winter programme (example)



SATURDAY

Movie 20.30 **Zoomania 2**
An evening at the **hotel cinema** "Die Pupille"

SUNDAY

07.30 **Warm-up soft and awakening**

17.00 Get fit with **aerobic, thighs-bums-tums** and **stretching**

Maximum number of participants: 10 persons.

Meeting point: „Fit & Relax“ gymnastic room

20.30 We play cards: „**UNO**“

Meeting point at the reception

Movie 20.30 **Fack Ju Göthe 2**
An evening at the **hotel cinema** "Die Pupille"

MONDAY

11.15 Guided **winter walking tour**

Meeting point at the reception

17.00 **Table tennis** tournament in our indoor play 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*.

Movie 20.30 **Street Dance New York**
An evening at the **hotel cinema** "Die Pupille"

TUESDAY

16.15 **Gymnastics for your back and spine**

Maximum number of participants: 10 persons.

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.

Movie 20.30 **Mr. & Mrs. Smith**
An evening at the **hotel cinema** "Die Pupille"

WEDNESDAY

10.30 **Snowshoe walking tour** (fee)

17.00 Get fit with **aerobic, thighs-bums-tums** and **stretching**
Maximum number of participants: 10 persons.
Meeting point: „Fit & Relax“ gymnastic room

18.00 **Yoga**
Find a new body balance through easy exercises
Maximum number of participants: 10 persons
Meeting point: "Fit & Relax" gymnastic room.

20.30 **Soccer match** in our indoor hall
Meeting point right there

Movie 20.30 **The Jungle Book**
An evening at the **hotel cinema** "Die Pupille"

THURSDAY

17.00 **Progressive muscle relaxation PMR**
Maximum number of participants: 10 persons
Meeting point: "Fit & Relax" gymnastic room.

17.35 **Dance afternoon** in our indoor hall – get loose with hot Caribbean dance rhythms. Meeting point right there.

18.00 **Air Hockey – tournament** in our indoor play arena
Meeting point right there

Movie 20.30 **James Bond: Skyfall**
An evening at the **hotel cinema** "Die Pupille"

FRIDAY

17.00 **Pilates**
Maximum number of participants: 10 persons
Meeting point: "Fit & Relax" gymnastic room.

Movie 20.30 **Chalet Girl**
An evening at the **hotel cinema** "Die Pupille"



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

