

Vital Energy & Sport

Mo - Lu - Mon -Lu 18-set	Di - Mar - Tue - Ma 19-set	Mi - Mer - Wed - Mer 20-set	Do - Gio - Thu - Gio 21-set	Fr - Ven - Fr - Ven 22-set	Sa - Sab - Sat - Sam 23-set	So - Dom - Sun - Dim 24-set
10:00 Stretching Uebungen <i>Esercizi di stretching</i> Stretching Exercises <i>Exercises de stretching</i>	09:00 Yoga	10:00 5 Tibeter <i>5 Tibetani</i> 5 Tibetans <i>5 Tibetains</i>	10:00 Auf & Ab Parcours <i>Su e Giù percorso</i> Up and Down Parcours	10:00 5 Tibeter <i>5 Tibetani</i> 5 Tibetans <i>5 Tibetains</i>	10:00 Muskelaktivierung <i>Risveglio muscolare</i> Muscle Activation <i>L'activation des muscles</i>	10:00 Massage für Paare <i>Massaggio per coppie</i> Massage for Couples <i>Massage pour couples</i>

**Leben ist Bewegung, Bewegung ist Leben. La vita è movimento, movimento è vita.
Life is movement, movement is Life. La vie est mouvement, le mouvement est vie.**

16:00 Familienbogenschiessen <i>Tiro con l'arco per la famiglia</i> Family Archery <i>Tir a l'arc pour la famille</i> Meetingpoint: Teen Space	16:00 Familienklettern <i>Arrampicata per la famiglia</i> Family climbing <i>Escalade pour la famille</i> Meetingpoint: Teen Space	17:00 Yoga	17:00 Yoga	17:00 Yoga	16:00 Familienboule <i>Boccia per la famiglia</i> Family boule <i>Pétanque pour la famille</i> Meetingpoint: Teen Space	14:00 Familien Adventure Climbing ** <i>Adventure Climbing per famiglia **</i> Family Adventure Climbing ** <i>Adventure Climbing pour le famille *</i> (mind. 1,40m)
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***Gratis, eintragen an der Rezeption, iscrizione alla Reception, enrol at reception
** Kostenpflichtig, eintragen an der Rezeption - ** A pagamento, *iscrizione alla reception* - ** Extra charge, enrol at reception
Das Programm kann sich verändern - Questo programma potrebbe subire variazioni - This program might be subject to changes - Ce programme pourrait se changer
Treffpunkt - Punto di ritrovo - Meeting point: RECEPTION**