

The Gold Spa Active Program



Monday



Tuesday

Circuit Strength Training with Gaby

Registration by 1:00 PM
at the spa reception.
For groups of 2 to 15 people.

Meeting point: Fitness studio
Start time: 5:00 PM
12€

Wednesday



Thursday

Indoor Cycling with Gaby

Registration by 1:00 PM
at the spa reception.
For groups of 2 to 15 people.

Meeting point: Fitness studio
Start time: 4:00 PM
12€

Friday



Indoor Cycling with Gaby

Registration by 1:00 PM
at the spa reception.
For groups of 2 to 15 people.

Meeting point: Fitness studio
Start time: 6:00 PM
12€

Sauna infusion

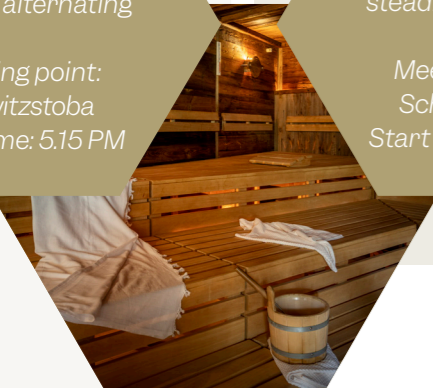
steadily alternating

Meeting point:
Schwitzstoba
Start time: 5:15 PM

Sauna infusion

steadily alternating

Meeting point:
Schwitzstoba
Start time: 5:15 PM



Gegen den Strom
schwimmen macht stark.

Aqua Fitness with Gaby

Registration by 1:00 PM
at the spa reception.

Meeting point: Pool
Start time: 5:00 PM
12€



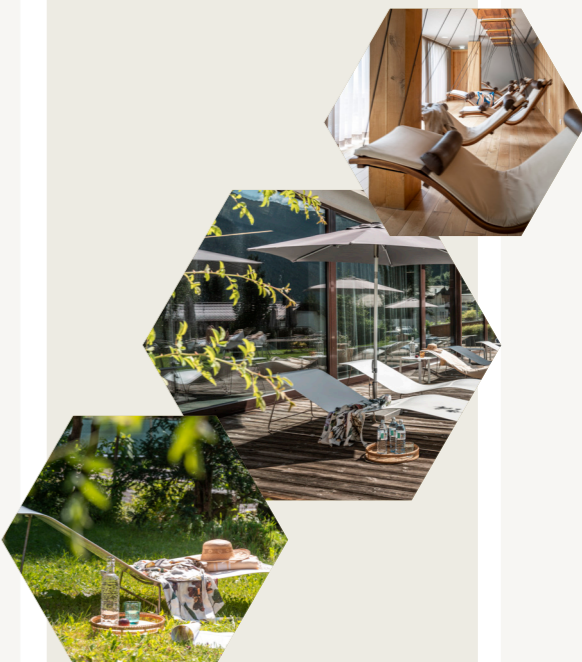
Long Spa Night

Gold Spa open free of charge
from 8:00 PM to midnight.
From 16 years old

Sauna Ritual with David

Meeting point: Schwitzstoba
1st infusion: 8:30 PM
2nd infusion: 9:30 PM
From 16 years old
Free of charge

Saturday



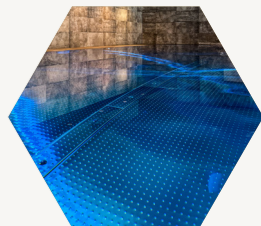
Sauna infusion

steadily alternating

Meeting point:
Schwitzstoba
Start time: 5:15 PM



Sunday



Available for separate booking
at the spa reception:

Private fitness coaching
with Gaby

Botox treatment
with Ute