

MONDAY 16th February_2026

- 08.00am: **Fresh start into the week yoga**
In the yoga studio (Duration: 50 min.)
- 11.00am: **Soft yoga**
In the yoga studio (Duration: 50 min.)
- 05.00pm: **Yoga in the evening**
In the yoga studio (Duration: 50 min.)

TUESDAY 17th February 2026

- 08.00am: **Yoga in the morning**
In the yoga studio (Duration: 50 min.)
- 11.00am: **Soft yoga**
In the yoga studio (Duration: 50 min.)
- 02.45pm: **Meditation**
In the yoga studio (Duration: 45 min.)
- 04.00pm: **Yoga in the afternoon**
In the yoga studio (Duration: 50 min.)

WEDNESDAY 18th February 2026

- 08.00am: **Yoga in the morning**
In the yoga studio (Duration: 50 min.)
- 11.00am: **Soft yoga**
In the yoga studio (Duration: 50 min.)
- 02.45pm: **Meditation**
In the yoga studio (Duration: 45 min.)
- 04.00pm: **Yoga in the afternoon**
In the yoga studio (Duration: 50 min.)

THURSDAY 19th February 2026

- 08.00am: **Yoga in the morning**
In the yoga studio (Duration: 50 min.)
- 11.00am: **Soft yoga**
In the yoga studio (Duration: 50 min.)
- 02.45pm: **Meditation**
In the yoga studio (Duration: 45 min.)
- 04.00pm: **Yoga in the afternoon**
In the yoga studio (Duration: 50 min.)

All offers from the activity & relaxation program
can be used free of charge
during your stay.

Please notice that the number of participants in our
yoga classes is limited.

Please sign in the list at our spa reception.

If it's not possible for you to join the class, please
cancel your reservation in time.



FRIDAY 20th February 2026

- 08.00am: **Yoga in the morning**
In the yoga studio (Duration: 50 min.)
- 11.00am: **Soft yoga**
In the yoga studio (Duration: 50 min.)
- 05.00pm: **Yoga in the afternoon**
In the yoga studio (Duration: 50 min.)

SATURDAY 21st February 2026

- 08.00am: **Yoga in the morning**
In the yoga studio (Duration: 50 min.)
- 11.00am: **Soft yoga**
In the yoga studio (Duration: 50 min.)
- 05.00pm: **Yoga in the afternoon**
In the yoga studio (Duration: 50 min.)

SUNDAY 22nd February 2026

- 08.00am: **Yoga in the morning**
In the yoga studio (Duration: 50 min.)
- 11.00am: **Fasciayoga**
In the yoga studio (Duration: 50 min.)
- 02.15pm: **Meditation**
In the yoga studio (Duration: 45 min.)
- 03.30pm: **Yoga in the afternoon**
In the yoga studio (Duration: 50 min.)