



Jagdhof's Vital- & Sports Programme 07.09. – 13.09.2020

Monday	Tuesday	Wednesday	Thursday	Friday
09.00 – 09.45 am H.I.I.T.	08.30 – 09.20 am Yoga		08.30 – 09.20 am Yoga	
10.00 – 10.45 am Yoga				11.30 am – 12.15 pm Body Workout
10.45 – 11.15 am Meditation	11.00 – 11.45 am Pilates			12.15 – 12.45 pm Pilates
11.30 am – 12.15 pm Aqua Gym	11.45 am – 12-15 pm Peziball & Theraband			01.15 – 03.00 pm Nordic Walking
	12.15 – 12.30 pm Power Abs			
	01.00 – 01.45 pm Back fit			06.30 – 07.20 pm Yoga
Hiking Tour	ISSE		Hiking Tour	

For our Wellness & Sports Programme we would kindly ask **for registration** the night before at our front desk until 08.30 pm.

Fit & Fun Room max. 6 people	Yoga in the Panorama Relax room	Pool max. 5 people	Yoga in the fit & fun room	Hiking / culture – you will receive more information about the hiking on the previous evening on your dinner table
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Personal Training Lesson: If you are interested in 1-on-1 training, please ask for an appointment with our fitness instructor Julia at the front desk.