











# BÜRGENSTOCK ALPINE SPA – AKTIVITÄTEN PROGRAMM / ACTIVITIES PROGRAM

KW 48

Mo / Mon, 23.11.2020	Di / Tue, 24.11.2020	Mi / Wed, 25.11.2020	Do / Thu, 26.11.2020	Fr / Fri, 27.11.2020	Sa / Sat, 28.11.2020	So / Sun, 29.11.2020
		<p><b>09:30 – 10:15</b> <b>Stretch &amp; Relax</b> Martine</p> <p><b>10:30 – 11:00</b> <b>Aqua Fitness</b> Martine </p> <p><b>11:15 – 12:00</b> <b>Bauch Fit / Core &amp; Stretch</b> Martine</p> <p><b>12:15 – 12:45</b> <b>Aqua Fitness</b> Martine </p>	<p><b>09:30 – 10:00</b> <b>Bauch Fit / Core</b> Martine</p> <p><b>10:15 – 10:45</b> <b>Stretching</b> Martine</p> <p><b>11:00 – 11:30</b> <b>Aqua Fitness</b> Martine </p>	<p><b>09:30 – 10:00</b> <b>Aqua Fitness</b> Martine </p> <p><b>10:15 – 11:00</b> <b>Stretch &amp; Relax</b> Martine</p> <p><b>11:30 – 12:15</b> <b>Rücken Fit / Healthy Back</b> Martine</p> <p><b>12:30 – 13:00</b> <b>Aqua Fitness</b> Martine </p>	<p><b>09:30 – 10:00</b> <b>Bauch Fit / Core</b> Martine</p> <p><b>10:15 – 10:45</b> <b>Beine &amp; Po / Legs &amp; Buttocks</b> Martine</p> <p><b>11:00 – 11:30</b> <b>Einweisung Geräte / Equipment instruction</b> Martine</p> <p><b>12:00 – 12:30</b> <b>Aqua Fitness</b> Martine </p> <p><b>13:00 – 13:30</b> <b>HIIT (High Intensity Intervall Training)</b> Martine</p> <p><b>13:45 – 14:15</b> <b>Stretching</b> Martine</p>	<p><b>09:30 – 10:15</b> <b>Stretch &amp; Relax</b> Martine</p> <p><b>10:30 – 11:00</b> <b>Aqua Fitness</b> Martine</p> <p><b>11:15 – 11:45</b> <b>Beine &amp; Po / Legs &amp; Buttocks</b> Martine</p> <p><b>12:00 – 12:30</b> <b>Aqua Fitness</b> Martine </p>
	<p><b>15:15/17:45</b> <b>Full Body Scrub</b> <b>14:00/16:30/19:00</b> <b>Sauna Infusion</b> </p>	<p><b>15:15/17:45</b> <b>Full Body Scrub</b> <b>14:00/16:30/19:00</b> <b>Sauna Infusion</b> </p>		<p><b>15:15/17:45</b> <b>Full Body Scrub</b> <b>14:00/16:30/19:00</b> <b>Sauna Infusion</b> </p>		



Das Ganzkörperpeeling findet im Dampfbad statt / *The Full Body Scrub takes place at the steam bath*  
 Der Sauna Aufguss findet in der Panorama Sauna statt / *The Sauna infusion takes place at the Panorama sauna*