



Stanglwirt

Sports Programme



From 12th of August

until 18th of August 2019

~ Be active "at home" at the Stanglwirt ~

Monday, 12th of August 2019

08.00 – 09.00 a.m.	Yoga. Meeting point at the gymnastic room (near the tennis entrance).
09.30 – 10.00 a.m.	Stomach training. Meeting point at fitness desk.
10.15 – 10.45 a.m.	Training with the dumbell. Meeting point at fitness desk.
11.00 – 12.15 p.m.	Outdoor Training. Meeting point at fitness desk.
01.00 – 01.45 p.m.	Back fit succes. Meeting point at fitness desk.
02.00 - 03.00 p.m.	Free introductory course at our Driving Range. (For Beginners) Registration until 11h at the concierge-desk necessary. Maximum 10 people.
02.00 – 02.30 p.m.	TABATA. Meeting point at fitness desk.
02.45 – 03.15 p.m.	Bum training. Meeting point at fitness desk.
03.30 – 04.00 p.m.	Fascia training. Meeting point at fitness desk.

Tuesday, 13th of August 2019

08.30 - 09.00 a.m.	Aqua Fit. Meeting Point “Felsenbad”.
09.30 a.m.	Beginner’s hiking tour Easy hiking tour at the foot of the “Wilder Kaiser” Length: 4 hours. May we kindly ask you to register until Monday, 06.00 p.m. at the Concierge desk, as the hiking tour only starts with registration.
09.30 – 10.00 a.m.	Stomach training. Meeting point at fitness desk.
10.30 – 11.30 a.m.	Nordic Walking Outdoor. Meeting point at fitness desk.
01.00 – 01.45 p.m.	Pilates. Meeting point at fitness desk.
02.00 – 02.30 p.m.	Leg training. Meeting point at fitness desk.
02.45 – 03.15 p.m.	Tabata. Meeting point at fitness desk.
03.00 – 04.00 p.m.	Cardio-Tennis Lots of fun, running and tennis to the sound of music. Costs € 36,00. Please register before Monday 05.00 p.m. at the “Tennisstüberl”.
03.30 – 04.15 p.m.	Stretch & Relax. Meeting point at fitness desk.

Wednesday, 14th of August 2019

08.00 – 09.00 a.m.	Yoga. Meeting point at the gymnastic room (near the tennis entrance).
---------------------------	--

08.30 a.m.	Today we provide a hiking-tour to the alp " Stangl-Alm "! This includes a snack at our mountain hut and a tour through the cheese cellar. Minimum Age 6 years. Meeting point at the reception. Registration at our Concierge until Tuesday 04.00 p.m. (at least 4 people, maximum 15 people), hiking shoes and good condition requested.
09.00 - 09.30 a.m.	Aqua Fit. Meeting Point "Felsenbad".
09.30 – 10.15 a.m.	Meridiangymastic. Meeting point at fitness desk.
10.30 – 11.30 a.m.	Nordic Walking Outdoor. Meeting point at fitness desk.
12.00 – 12.45 p.m.	Bodystyling. Meeting point at fitness desk.
01.00 – 01.45 p.m.	Back fit succes. Meeting point at fitness desk.
02.00 – 03.00 p.m.	Step Aerobic. Meeting point at fitness desk.
03.00 – 04.00 p.m.	Groundstroke tennis clinic with our tennis trainer. Costs € 36,00. Please register before Tuesday 05.00 p.m. at the "Tennisstüberl".
03.15 p.m.	Children's bike training The kids will not only get more relaxed on their bikes, also the parents can watch their sunshines riding bikes at the GoingSport practice ground and pump track. The professional bike guides will proceed methodically with different excercise series and present each child with a surprise gift at the end of their successful participation. Minimum 4 participants Price: € 20,00 Duration 2 hours Age: 6-11 years Registration until Tuesday, 6pm required at the Sport-Eck.
03.15 – 03.45 p.m.	Fascia training. Meeting point at fitness desk.

Thursday, 15th of August 2019

08.30 - 09.00 a.m.	Aqua Fit. Meeting Point "Felsenbad".
10.00 a.m.	Stanglwirt-Tour Together with the Stanglwirt Sport-Eck bike guides you bike along the trail "Römerweg" in the direction of the mountain "Kitzbüheler Horn", where a 3 kilometres uphill stretch awaits you. As soon as you arrive at the mountain hut "Hagstein Hütte" you will enjoy a breathtaking panoramic view of the Kitzbühel alps. Minimum 4 participants Price: complimentary Duration 4 hours Registration until Monday, 6pm required at the Sport-Eck.
09.30 – 10.00 a.m.	Stomach training. Meeting point at fitness desk.
10.30 – 11.30 a.m.	Nordic Walking Outdoor. Meeting point at fitness desk.
01.00 – 01.45 p.m.	Pilates. Meeting point at fitness desk.
02.00 – 02.30 p.m.	Training with the balll. Meeting point at fitness desk.
02.45 – 03.15 p.m.	Tabata. Meeting point at fitness desk.
03.00 – 04.00 p.m.	Doubles Tactics tennis clinic with our tennis trainer. Costs € 36,00. Please register before Wednesday 05.00 p.m. at the "Tennisstüberl".
03.30 – 04.15 p.m.	Stretch & Relax. Meeting point at fitness desk.

Friday, 16th of August 2019

08.15 – 09.00 a.m.	Meridiangymnastic. Meeting point at fitness desk.
08.30-09.00 a.m.	Aqua Fit. Meeting point at fitness desk.
10.00-11.00 a.m.	Nordic Walking Outdoor. Meeting point at fitness desk.
11.00 - 12.00 a.m.	Free introductory course at our Driving Range. (For Beginners) Registration until 11h at the concierge-desk necessary. Maximum 10 people.
02.00-02.45 p.m.	Stretch & Relax. Meeting point at fitness desk.
03.15 p.m.	Teenager bike-training The Stanglwirt Sport-Eck bike guides show you the most important basic techniques of mountainbiking, which will be practiced with a lot of fun in the pump track. Minimum 4 participants Price: € 20,00 Duration 2 hours Registration until Thursday, 6pm required at the Sport-Eck. Age: 12-17 years
03.15 – 03.45 p.m.	Stomach training. Meeting point at fitness desk.
04.00 – 04.30 p.m.	Bum training. Meeting point at fitness desk.
05.15 – 06.15 p.m.	Yoga. Meeting point at the gymnastic room (near the tennis entrance).

Saturday, 17th of August 2019

08.00 – 09.00 a.m.	Yoga. Meeting point at the gymnastic room (near the tennis entrance).
08.00 – 01.00 p.m.	Hiking-tour “Wilder Kaiser” Our guide Lois Manzl accompanies you along a picturesque trail through the Wilder Kaiser mountains from the alp “Wochenbrunner Alm” to the mountain hut “Gruttenhütte”. Meeting Point: 07.50 a.m. at the reception, Altitude: approx. 600 m. At least 2 participants. May we kindly ask you to register until Thursday 05.00 p.m. at the Concierge desk, as the hiking tour only starts with registration.
10.00-11.00 a.m.	Nordic Walking Outdoor. Meeting point at fitness desk.
02.00-02.45 p.m.	Stretch and Relax. Meeting point at fitness desk.
03.00 – 03.30 p.m.	Tabata. Meeting point at fitness desk.
03.45 – 04.15 p.m.	Bum training. Meeting point at fitness desk.

Sunday, 18th of August 2019

05.00 – 06.00 p.m.	Tennis-“Gaudi”-Tournament for adults. No registration necessary, free of charge.
---------------------------	--