



Sports Programme



02nd until 08th of November 2020

~ Be active "at home" at the Stanglwirt ~

Monday, 02nd of November 2020

08.00 - 09.00 a.m.	Yoga. Meeting point: at the gymnastics room.
09.15 - 10.00 a.m.	Stanglwirt running training. Meeting point: at fitness desk.
10.30 - 11.15 a.m.	Pilates. Meeting point: at fitness desk.
11.30 a.m. - noon	Stretching. Meeting point: at fitness desk.
12.15 - 01.00 p.m.	Nordic Walking Outdoor. Meeting point: at fitness desk.

Tuesday, 03rd of November 2020

09.15 - 10.00 a.m.	Training with the dumbbell. Meeting point: at fitness desk.
10.00 – 02.00 p.m.	E-Mountainbiketour Safari On this tour we ride in the middle of the Kitzbühel Alps. Over a forest road that is easy to drive, we go up the Hahnenkamm. At the top you can visit the starting house and have a sensational view of the Wilder Kaiser and the Hohe Tauern. Along the ridge we drive over a great panoramic route and over the Aschau valley back to Going. Price: € 25,00 per person excl. mountainbike Registration at concierge-desk until Monday noon required.
10.15 - 11.00 a.m.	Full Cardio Workout. Meeting point: at fitness desk.
11.15 a.m. - noon	Back workout. Meeting point: at fitness desk.
12.15 - 01.15 p.m.	Nordic Walking Outdoor. Meeting point: at fitness desk.
01.30 - 02.15 p.m.	Pilates. Meeting point: at fitness desk.
02.30 - 03.00 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. Registration until Monday 05.00 p.m. at the „ Tennisstüberl ”.
03.15 - 04.00 p.m.	Step Aerobic. Meeting point: at fitness desk.

Wednesday, 04th of November 2020

08.00 - 09.00 a.m.	Yoga. Meeting point at the gymnastics room.
09.15 - 10.00 a.m.	Training with the pezzi ball. Meeting point: at fitness desk.
10.00 – 03.00 p.m.	E-Mountainbiketour Streif On this tour we ride in the middle of the Kitzbühel Alps. Over a forest road that is easy to drive, we go up the Hahnenkamm. At the top you can visit the starting house and have a sensational view of the Wilder Kaiser and the Hohe Tauern. Along the ridge we drive over a great panoramic route and over the Aschau valley back to Going. Costs: € 25,00 per person excl. mountainbike Registration at concierge-desk until Monday noon required.
10.15 - 11.00 a.m.	Back workout. Meeting point: at fitness desk.
11.15 - noon	Pilates. Meeting point: at fitness desk.
12.15 - 01.00 p.m.	Belly - leg - bum workout. Meeting point: at fitness desk.
01.15 - 01.45 p.m.	Training with the fascia roll and relax. Meeting point: at fitness desk.
02.00 – 02.30 p.m.	Stretching. Meeting point: at fitness desk.

Thursday, 05th of November 2020

08.00 - 08.45 a.m.	Pilates. Meeting point: at fitness desk.
09.00 - 09.30 a.m.	Body workout. Meeting point: at fitness desk.
09.45 - 10.30 a.m.	Step aerobic. Meeting point: at fitness desk.
10.45 - 11.30 a.m.	Back fit. Meeting point: at fitness desk.
01.15 - 02.15 p.m.	Nordic Walking Outdoor. Meeting point: at fitness desk.
02.30 - 03.00 p.m.	Pilates. Meeting point: at fitness desk.
03.15 - 03.45 p.m.	Tabata. Meeting point: at fitness desk.

Friday, 06th of November 2020

08.00 - 09.00 a.m.	Stanglwirt running training. Meeting point: at fitness desk.
09.15 - 10.00 a.m.	Training with the pezzi ball. Meeting point: at fitness desk.
10.00 - 10.45 a.m.	Training with the dumbbell. Meeting point: at fitness desk.
11.00 - 11.45 a.m.	Belly - leg - bum workout. Meeting point: at fitness desk.
noon - 01.00 p.m.	Nordic Walking Outdoor. Meeting point: at fitness desk.
01.15 - 02.00 p.m.	Back workout. Meeting point: at fitness desk.
02.15 - 02.45 p.m.	Tabata. Meeting point: at fitness desk.
05.15 - 06.15 p.m.	Yoga. Meeting point: at the gymnastic room.

Saturday, 07th of November 2020

08.00 - 09.00 a.m.	Yoga. Meeting point: at the gymnastic room.
08.30 a.m.	Hike to the „Gruttenhütte“. Meeting point at 08.30 a.m. at the reception with our hiking guide Lois. You only need to bring good mood, good shoes and clothes to change. From the „Wochenbrunner Alm“ it goes over the „Gaudiamushütte“ and over the „Klamml“ to the „Gruttenhütte“ and back again. There are about 600 vertical meters, walking time about 3 hours. Return at the hotel around 01.00 p.m.. Registration until 06.00 p.m. on Friday at the concierge-desk required.
09.15 - 10.00 a.m.	Training with the theraband. Meeting point: at the fitness desk.
10.15 - 11.00 a.m.	Pilates. Meeting point: at the fitness desk.
11.15 - 12.15 p.m.	Nordic Walking. Meeting point: fitness desk.

