

Activeprogram-Winter



Galtenberg
FAMILY & WELLNESS RESORT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9.00 AM Winter Fit with Marc duration approx. 1 hour Meetingpoint: in front of the Ski Depot (min. 3 pers.)</p> <p>9.45 AM Singing Bowls Meetingpoint: relaxing room, Family Therme</p> 	<p>10.00 AM Kort X. Workout for the whole family Meetingpoint: relaxing room in the Family Therme (min. 3 pers.)</p> <p>11.00 AM Bums tums legs session Meetingpoint: relaxing room in the Family Therme (min. 3 pers.)</p> <p>2.00 PM Snowshoeing Meetingpoint: Ski Depot (min. 3 pers.)</p>	<p>9.00 AM Nordic Walking Duration approx ca 1 hour Meetingpoint: reception (min. 3 pers.)</p> <p>11.00 AM Back Fitness with Silvia Duration approx ca 45 min Meetingpoint: Relax room Family Therme</p> <p>2.00 PM Ice Skating in Kundl Price: €2,- Kid / €4,- Adult Duration appr. Ca 2-3 hours Meetingpoint: main entrance (min. 3 pers.) / (max. 8 pers.) Don't forget your Guest Card!!</p> 	<p>9.00 AM Nordic Walking with Marc Duration appr. 1 hour Meetingpoint: reception (min. 3 pers.)</p>  <p>7.00 PM Facepainting in the Kids club</p> 	<p>9.45 PM Qi Gong Meetingpoint: relax room Family Therme Duration appr. 45 min</p>  <p>11.00 AM Zumba (min. 3 pers.) Meetingpoint: reception Registration at the reception</p>  <p>8.00 PM Fashion Show in the lobby</p>	<p>Kidsprogram in the Kids Club</p> <p>8.30 PM Everybody wakes up with fun through the day</p>  <p>1.00 PM Ole, ole up in the snow</p>  <p>7.00 PM Kids Cinema in the Galtiplexx</p>	<p>9.00 AM Nordic Walking Duration appr. Ca 1 hour Meetingpoint: reception (min. 3 pers.)</p> <p>2.00 PM Trip to Rattenberg Return ca 5.00 PM (min. 3 pers.)</p> <p>8.00 PM Torch Walk Meetingpoint: Main entrance</p> <p>8.00 PM Limbo Competition in the Kids club</p>

Dear Guests: We kindly ask you to register for all our activities at the reception the day before until 9.00 PM. Thank you! :-)