

Weekly post from 06.03.2023 - 12.03.2023

Time	Montag	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 a.m. - 12:00 p.m.	09:30 - 10:15 a.m. Soft-Gym *	09:30 - 10:30 a.m. Training with the Overball */**	09:30 - 10:15 a.m. QiGong *	09:30 - 10:15 a.m. Training with the Flexibar **	09:30 - 10:30 a.m. Active from head to foot & relaxing */**		07:30 - 10:30 a.m. Schrotthbreakfast
	10:15 - 10:25 a.m. short introduction Powerplate						
	10:30 - 11:00 a.m. Aquatrainig */**	10:45 - 11:15 a.m. Aquatrainig */**	10:30 - 11:00 a.m. Aquatrainig */**	10:30 - 11:00 a.m. Aquatrainig */**	10:45 - 11:15 a.m. Aquatrainig */**		
	11:15 a.m.-12:00 p.m. Information about Schrothcure and Vital & light						
01:00 - 06:00 p.m.	01:00 - 03:00 p.m. Little Walk "villageround" * min 2 Persons	01:00 - 04:30 p.m. Hike "to Höll" ** min 2 Persons	01:00 - 03:30 p.m. Hike "around the Staufen" */** min 2 Persons	01:00 - 04:30 p.m. Hike "Round way to Hopfen" ** min 2 Persons	01:00- 04:00 p.m. surprise hike */** min 2 Persons	08:30 p.m. Live Musik with Garry at the Hotelbar	
Oberstaufen and vicinity	10:00 - 11:00 a.m. Farm tour with family Schädler at Buflings (with registration)				8:00 a.m-1:00 p.m week and farmers market at "Marienplatz"		

Difficulty level: * easy (also suitable for our cure guest), */** easy to medium (depending on implementation), ** medium

For the morning courses, participation is possible for 10 people with registration (at the latest 30 minutes before the start)

Our hike take place if 2 people registered at the reception until 11 a.m.

Please pay attention to the weather and path-related equipment (hikingshoes), depending on the destination

Private cars maybe required (depending on the number of people). Participation is at your own risk, subjekt to change.