

SAMPLE Weekly Schedule

Please register at the Reception one day before!

Monday		
07.30 - 08.00	Morning Exercise "Active awakening"	Sportswear or comfortable clothes! Meeting point: Salisianum (1 st floor)
16.15 - 17.00	Functional Group Training at the Gym (max. 6 persons)	€ 35 / person, sportswear and sports/running shoes! Meeting point: Gym (Ground floor)
19.15 - 20.45	Torch Lit Walk Bad Aussee	Warm clothes and good shoes! Meeting point: Reception (Ground floor)

Tuesday		
07.30 - 08.00	Good Morning Yoga	Sportswear or comfortable clothes! Meeting point: Salisianum (1 st floor)
13.15 - 14.45	Snow Shoe Hiking (max. 9 persons)	Warm clothes and good shoes! Meeting point: Reception (Ground floor)
17.00 - 20.00	Shopping in the Lobby - Traditional Fashion Boutique "Haselnus"	Meeting point: Lobby
17.00 - 18.00	Medical Lecture by Dr. Maximilian Schubert (English)	Meeting point: Salisianum (1 st floor)
18.00 - 19.00	Medical Lecture by Dr. Maximilian Schubert (German)	Meeting point: Salisianum (1 st floor)

Wednesday		
07.30 - 08.00	Morning Exercise "Active awakening"	Sportswear or comfortable clothes! Meeting point: Salisianum (1 st floor)
15.00 - 16.00	VIVAMAYR Cooking Class (max. 6 persons)*** ENGLISH	€ 85 / person incl. cookbook Meeting point: Reception (Ground floor)
15.00 - 16.30	Guided Walking Tour Altaussee	Warm clothes and good shoes! Meeting point: Reception (Ground floor)
15.10 - 15.50	Aqua Gymnastics	Meeting point: Spa Area (Ground floor)
16.15 - 17.00	Functional Group Training at the Gym (max. 6 persons)	€ 35 / person, sportswear and sports/running shoes! Meeting point: Gym (Ground floor)
17.00 - 18.00	Horse Carriage Ride through Altaussee (max. 5 persons)	€ 30 / person Meeting point: Reception (Ground floor)
18.30 - 20.45	Guided Tour "Salt-mine Altaussee"	€ 19 / person. Comfortable clothes and good shoes! Download an APP for the audioguide for free or buy the audioguide with the entrance fee for an additional € 2.50. Meeting point: Reception (Ground floor)
18.30 - 20.30	Dance Night	Disco - Fox, Salsa, Line Dance - professional dancers will join in Meeting point: Lobby

Thursday		
07.30 - 08.00	Morning Exercise "Active awakening"	Sportswear or comfortable clothes! Meeting point: Salisianum (1 st floor)
07.30 - 08.00	Aerial Yoga (max. 4 persons)	€ 35 / person, Meeting point: Reception (Ground floor)
13.15 - 14.45	Snow Shoe Hiking (max. 9 persons)	Warm clothes and good shoes! Meeting point: Reception (Ground floor)
17.00 - 18.00	Medical Lecture by Dr. Izabella Zitnakova (English)	Meeting point: Salisianum (1 st floor)
18.00 - 19.00	Medical Lecture by Dr. Gerda Prinz (German)	Meeting point: Salisianum (1 st floor)
19.15 - 20.45	Torch Lit Walk Altaussee	Warm clothes and good shoes! Meeting point: Reception (Ground floor)

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Friday		
07.30 - 08.00	Morning Exercise "Active awakening"	Sportswear or comfortable clothes! Meeting point: Salisianum (1 st floor)
12.00 - 12.30	Office Yoga (English)	Meeting point: Salisianum (1 st floor)
12.30 - 13.00	Office Yoga (German)	Meeting point: Salisianum (1 st floor)
17.00 - 20.00	Shopping in the Lobby - Handcrafted Art Pottery "Blattwerk"	Meeting point: Lobby

Saturday		
07.30 - 08.00	Good Morning Yoga	Sportswear or comfortable clothes! Meeting point: Salisianum (1 st floor)
10.00 - 12.00	Shopping Tour to Bad Aussee	Meeting point: Reception (Ground floor)
10.30 - 11.30	Horse Carriage Ride through Altaussee (max. 5 persons)	€ 30 / person Meeting point: Reception (Ground floor)
11.40 - 12.20	Aqua Gymnastics	Meeting point: Spa Area (Ground floor)
13.00 - 16.00	Snow Shoe Hiking (max. 9 persons) - ADVANCED	Warm clothes and good shoes! Meeting point: Reception (Ground floor)
14.30 - 16.30	Guided Tour through the World Heritage Site Hallstatt*** (min. 4 persons)	€ 55 / person, meeting point: Reception (Ground floor)
15.30 - 16.30	VIVAMAYR Cooking Class (max. 6 persons)*** GERMAN	€ 85 / person incl. cookbook Meeting point: Reception (Ground floor)

Sunday		
09.00 - 12.00	Snow Shoe Hiking (max. 9 persons)	Warm clothes and good shoes! Meeting point: Reception (Ground floor)
13.45 - 16.45	Guided Tour through Bad Ischl*** (min. 4 persons)	€ 55 / person, meeting point: Lobby (Ground floor)
19.00 - 20.00	Cure Introduction - "Meet and Greet" with Ms. Heide Perndorfer (Hotel Manager)	Meeting point: Salisianum (1 st floor)

*****After signing in it is only possible to cancel free of charge until 3pm the day before!**