

# Wochenprogramm Summer

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Morning</i>						
Morning Run	Morning Walk	Breakfast at the Retreat	Meditation	Climbing Tour Alpspitze Ferrata	Breakfast at the La Salle	Morning Walk
Breakfast at the La Salle	Breakfast at the La Salle	Guided E-Bike Tour	Fly Fishing all day	Breakfast at the La Salle	Stretching	Kids Club all day
Guided E-Bike Tour	Guided Hiking Tour all day	Kids Club all day	Kids Club all day	Guided E-Bike Tour	Guided Hiking Tour all day	Yoga Basic
Kids Club all day	Kids Club all day	Yoga Basic	Guided Hiking Tour all day	Kids Club all day	Kids Club all day	4D Indoor Archery
Yoga Basic	Yoga Basic	Qigong	Yoga Basic	Yoga Basic	Yoga Basic	Qigong
Qigong	Taiji	Stretching	AquaFit	HIIT Training	AquaFit	Edutainment Workshop
Wellbeing Coaching	Kitesurfing on the Walchensee Lake	Edutainment Workshop	Qigong	Edutainment Workshop	Qigong	Swimming Course
Edutainment Workshop	Edutainment Workshop	Sightseeing with BMW	Edutainment Workshop	Sightseeing with BMW	Edutainment Workshop	
Sightseeing with BMW				Sightseeing with BMW	Sightseeing with BMW	
<i>Noon &amp; Afternoon</i>						
Tennis Training	Lunch at the Elmauer Alm	Running Training	Brunch at the Ananda	Forest Bathing	Swimming in the Ferchensee Lake	Brunch at the Ananda
Crosstraining	Boxtraining	Performance Diagnostic	Functional Training	Soccer Camp	Flying Fox in Garmisch-Partenkirchen	Crosstraining
Soccer Camp	Golf in Wallgau	Stand-Up Paddling on the Eibsee Lake	Ice Bathing	Kids & Teens Club	Functional Training	Rafting Tour
Kids & Teens Club	Soccer Camp	Soccer Camp	Sauna Aufguss	4D Indoor Archery	Soccer Camp	Soccer Camp
Edutainment Workshop	Kids & Teens Club	Canyoning	Soccer Camp	Cake at the Retreat Lounge	Kids & Teens Club	Kids & Teens Club
Pilates	3D Archery	Kids & Teens Club	Kids & Teens Club	Edutainment Workshop	Kids & Teens Club	Pilates
Sauna Aufguss	Edutainment Workshop	Archery	Edutainment Workshop	Yoga Open	Edutainment Workshop	Edutainment Workshop
Yoga Open	Pilates	Pilates	Pilates		Pilates	Yoga Open
Hiking Tour Instruction	Yoga Open	Cake at the Tea Lounge			Yoga Open	
		Edutainment Workshop				
		Yoga Open				
<i>Evening</i>						
3D Archery	Evening E-Biketour	Swimming in the Barmsee Lake	Dinner at the IKIGAI**	Dinner at the La Salle	Waltz Evening	Dinner at the Fidelio
Dinner at the La Salle	Jazz & Dinner at the Fidelio	Concert	Torchlight Archery	Concert	Dinner at the Summit Pavillon	Jazz at the Al Camino Bar
Jazz at the Al Camino Bar	Jazz at the Al Camino Bar	Dinner at the Summit	Author Reading	Moonlight Swimming im Ferchensee	Jazz at the Al Camino Bar	
			Jazz at the Al Camino Bar			