

# Weekly Program

## Winter

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Morning</i>						
Morning Run	Morning Walk	Breakfast at the Retreat	Meditation	Breakfast at the La Salle	Breakfast at the La Salle	Morning Walk
Breakfast at the La Salle	Breakfast at the La Salle	Guided Ski tour all day	Kids Club all day	Morning Run	Stretching	Kids Club all day
Guided Ski tour all day	Guided Ski tour all day	Kids Club all day	Yoga Basic	Guided Ski tour all day	Guided Ski tour all day	Yoga Basic
Kids Club all day	Kids Club all day	Yoga Basic	Aquafit	Kids Club all day	Kids Club all day	4D-Indoor Archery
Yoga Basic	Yoga Basic	Qigong	Qigong	Winter E-Bike Tour	Yoga Basic	Qigong
Qigong	Taiji	Stretching	Edutainment Workshop	Yoga Basic	Aquafit	Edutainment Workshop
Wellbeing Coaching	Edutainment Workshop	Edutainment Workshop		HIIT Training	Qigong	
Edutainment Workshop		Sightseeing with BMW		Edutainment Workshop	Edutainment Workshop	
Sightseeing with BMW				Sightseeing with BMW	Sightseeing with BMW	
<i>Noon &amp; Afternoon</i>						
Ice Bathing	Boxtraining	Kids & Teens Club	Brunch at the Ananda	Forest Bathing	Functional Training	Brunch at the Ananda
Crosstraining	Forest Bathing	Curling	Functional Training	Boxtraining	Kids & Teens Club	Crosstraining
Kids & Teens Club	Kids & Teens Club	Pilates	Ice Bathing	Kids & Teens Club	Edutainment Workshop	Ice Bathing
Edutainment Workshop	3D Archery	Cake at the Tea Lounge	Kids & Teens Club	4D Indoor Archery	Pilates	Snack at the Ananda
Pilates	Edutainment Workshop	Edutainment Workshop	Edutainment Workshop	Cake at the Tea Lounge	Yoga Open	Kids & Teens Club
Yoga Open	Pilates	Yoga Open	Pilates	Edutainment Workshop		Pilates
Reading	Yoga Open			Yoga Open		Edutainment Workshop
						Yoga Open
<i>Evening</i>						
4D Indoor Archery	Dinner at the Fidelio	Concert	Dinner at the IKIGAI**	Dinner at the La Salle	Concert	Jazz at the Fidelio
Dinner at the La Salle	Jazz at the Al Camino Bar	Dinner at the Summit	Jazz at the Al Camino Bar	Concert	Jazz at the Summit Pavillon	Jazz at the Al Camino Bar
Jazz at the Al Camino Bar					Jazz at the Al Camino Bar	