



Active program Hotel Pfösl

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09.00-09.30 Exercises after 5 Tibetans in the fitness center		09.00-09.30 Acqua Gym in our swimming pool		09.00-09.30 Exercises after 5 Tibetans in the fitness center	09.00-09.30 Acqua Gym in our swimming pool
10.00-10.45 Mass in the church of Deutschnofen	10.00-15.00 Guided snow shoes wandering to the Schmieder alp with Sepp	10.00-12.00 Snow shoes basic course and excursion with Peter	10.00-15.00 Guided snow shoes wandering to Wölfl farm with Sepp	10.00-12.00 Snow shoes basic course and excursion with Peter	10.00-15.00 Guided snow shoes wandering to the Lieg alp with Sepp	in the morning: Big market at Bolzano (after the Talfer bridge)
	10.00-11.00 Informations with spa guidance in our beauty center				10.00-11.00 Informations with spa guidance in our beauty center	
15.00-17.00 Vital afternoon snack	15.00-17.00 Vital afternoon snack	15.00-17.00 Vital afternoon snack	15.00-17.00 Vital afternoon snack	15.00-17.00 Vital afternoon snack	15.00-17.00 Vital afternoon snack	15.00-17.00 Vital afternoon snack
	16.30 Vitalpina sauna infusion in the panoramic sauna	17.00 Vitalpina sauna infusion in the wellness area		Funny hut evening on the Ganischger alp with music	16.30 Vitalpina sauna infusion in the panoramic sauna	
	21.00 Obereggen-Nightshow				21.00 Live musik at the hotel bar	