



**TRATTER  
HOF**

**MOUNTAIN  
SKY HOTEL**



## EVENT WEEK "FIT AND RELAXED IN 2025"

**01/12/ - 06/12/2024**

**COURSE INCLUDED IN  
THE HOTEL PRICE**

**with Laura Schlosser**

### **Sunday, 01/12/2024**

4.30 - 5.15 pm: Body forming  
5.15 - 5.45 pm: Happiness meditation

### **Monday, 02/12/2024**

08.00 - 08.45 am: Legs & butt workout  
5.30 - 6.15 pm: Mobility for  
hikers & skiers

### **Tuesday, 03/12/2024**

08.00 - 08.45 am: H.I.I.T.  
5.30 - 6.00 pm: Meditation  
"Inner purification & clarity"

### **Wednesday, 04/12/2024**

08.00 - 08.45 am: Back workout  
5.30 - 6.15 pm: Fascia workout

### **Thursday, 05/12/2024**

08.00 - 08.45 am: Circuit training  
5.30 - 6.00 pm: Meditation  
"Manifesting wishes"

### **Friday, 06/12/2024**

08.00 - 08.45 am: Core training  
5.30 - 6.15 pm: Full body stretch

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Weekly programme



#skyoga

