

WELLNESSPROGRAM FROM 14.04.2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30-12:45 Peeling Steam bath	10:30-11:15 AquaFIT Pool	12:00-12:50 Yoga (English) Meditationsroom	12:00-12:50 Yoga (English) Meditationsroom	12:00-12:50 Yoga (English) Meditationsroom	12:00-12:50 Yoga (English) Meditationsroom	12:00-12:50 Yoga (English) Meditationsroom
16:30-16:45 Sauna Infusion Light & Relax Finnish Sauna	12:30-12:45 Peeling Steam bath	13:30-14:20 Back FIT Meditationsroom	13:30-14:20 Theraband exercises Meditationsroom	13:30-14:20 Back FIT Meditationsroom	13:30-14:20 Theraband exercises Meditationsroom	13:30-14:20 Back FIT Meditationsroom
17:30-17:45 Sauna Infusion Rose petals Finnish Sauna	16:30-16:45 Sauna Infusion Menthol crystals Finnish Sauna	15:30-15:45 Sauna Infusion with varnish Finnish Sauna	15:30-16:30 Singing bowls - Sauna Infusion Finnish Sauna	15:30-15:45 Sauna Infusion Rose petals Finnish Sauna	15:30-16:30 Singing bowls - Sauna Infusion Finnish Sauna	15:30-16:30 Sauna Infusion with varnish Finnish Sauna
	17:30-17:45 Sauna Infusion with varnish Finnish Sauna	16:00-16:15 Peeling Steam bath	16:00-16:15 Peeling Steam bath	16:00-16:15 Peeling Steam bath	16:00-16:15 Peeling Steam bath	16:00-16:15 Peeling Steam bath
Easter gift ideas can be found at the spa reception 		16:30-16:45 Birch branch - Infusion Finnish Sauna	16:30-16:45 Sauna Infusion Menthol crystals Finnish Sauna	16:30-16:45 Sauna Infusion Pirates of the Caribbean Finnish Sauna	16:30-16:45 Birch branch - Infusion Finnish Sauna	16:30-16:45 Sauna Infusion Pirates of the Caribbean Finnish Sauna
		17:30-17:45 Cocktail Infusion Finnish Sauna	17:30-17:45 Ice ball infusion Finnish Sauna	17:30-17:45 Tyrolean Sauna Infusion Finnish Sauna	17:30-17:45 Cocktail Infusion Finnish Sauna	17:30-17:45 Ice ball infusion Finnish Sauna

KRUMERS ALPIN

RESORT & SPA • SEEFELD/TIROL

20.00-22.00
Torchlight walk
meeting point
reception

