

**Provisorisches Programm: Fitness & Vitality Days Grindelwald
24. - 27.06.2021**

KUONI | Sports

**OCHSNER
SPORT**

TRAVEL

| | Donnerstag | Freitag | Samstag | Sonntag | | |
|---------------|----------------------|-----------------|---|--------------------------------|---------------------------|--|
| 07.00 - 07.30 | individuelle Anreise | | | | | |
| 07.30 - 08.00 | | | Mobility Session | Morgenroutine Krafttraining | Footing Tabata Core | |
| 08.00 - 08.30 | | | | | Core | |
| 08.30 - 09.00 | | | | | Mobility Session | |
| 09.00 - 09.30 | | | Frühstück | Frühstück | Frühstück | |
| 09.30 - 10.00 | | | | | | |
| 10.00 - 10.30 | | | | | | |
| 10.30 - 11.00 | | | Gemeinsame Wanderung in der Jungfrauregion | Running Session First steps | | |
| 11.00 - 11.30 | | | | | | |
| 11.30 - 12.00 | | | | | | |
| 12.00 - 12.30 | | | | | | |
| 12.30 - 13.00 | | | | | | |
| 13.00 - 13.30 | | | | | | |
| 13.30 - 14.00 | | | | | | |
| 14.00 - 14.30 | Willkommensdrink | | | Gletscherschlucht | | |
| 14.30 - 15.00 | | | | | | |
| 15.00 - 15.30 | Functional Training | | | | | |
| 15.30 - 16.00 | Theory Snack 15' | | | | | |
| 16.00 - 16.30 | | HIIT Balance | Body & Brain Rumpf & Rücken | | | |
| 16.30 - 17.00 | | | | | | |
| 17.00 - 17.30 | | | | | | |
| 17.30 - 18.00 | | | | | | |
| 18.00 - 18.30 | Fitness Talk | Faszienrolle | Calm Down | | | |
| 18.30 - 19.00 | | Vitality Talk | Just do it! | | | |
| 19.00 - 19.30 | | | | | | |
| 19.30 - 20.00 | Abendessen | Abendessen | Abendessen | | | |
| 20.00 - 20.30 | | | | | | |
| 20.30 - 21.00 | | | | | | |

Programmänderungen vorbehalten.

| |
|-------------|
| Verpflegung |
| Sport |
| Entspannung |
| Outdoor |
| Wissen |

