WEEKLY PROGRAM



MONDAY 22 APRIL

-----MONTANA SPA------

Do-In morning excersises - 10:00 to 10:30 a.m.

Registration: until Sunday at 10:00 p.m. | Meeting point: SPA reception in training clothes

-----KIDS PROGRAM ------

2:00 p.m. to 4:00 p.m.

4:00 p.m. to 6:00 p.m.

"Fresh air": We walk the fairytale trail together and visit Murmin and Murmina.

In the afternoon, we get out the puzzles and table games and make ourselves comfortable.

-----MONTANA SPA------

TUESDAY 23 APRIL	
MONTA	NA SPA
Back excersises - 1 Registration: until Monday at 10:00 p.m. Me	
KIDS P	PROGRAM ————————
2:00 p.m 4:00 p.m. We stroll through Samnaun and take part in a race.	4:00 p.m 6:00 p.m. "Come spring": At the Murmeli Club, we do spring-related crafts.
MONTA	NA SPA
Arnika peeling - at 6:05 p.ı	m. in our aroma steam bath
WEDNESDA	Y 24 APRIL
MONTA	NA SPA
Yoga - 10:00 Registration: until Tuesday at 10:00 p.m. Me	
Bella Italia infusion - at 6:05	p.m. in our panorama sauna
Wine tasting - Red wines from the Rhone and L sommelier Thon	anguedoc-Roussilion at 9:30 p.m. with certified
Registration and meeting point: at the	reception Price: CHF 75,- per person
THURSDA	Y 25 APRIL
MONTA	NA SPA
Stretching - 15:0 Registration: until today at 10:00 a.m. Mee	•
KIDS F	PROGRAM —————————
2:00 p.m. to 4:00 p.m. "Outdoors without haste": Together we walk a big round in the snow and build a snowman.	4:00 p.m. to 6 p.m. It gets colourful at the Murmeli Club! We paint with watercolours.
MONTAN	NA SPA
Grapes and blossoms infuson - at	t 6:05 p.m. in our panorama sauna

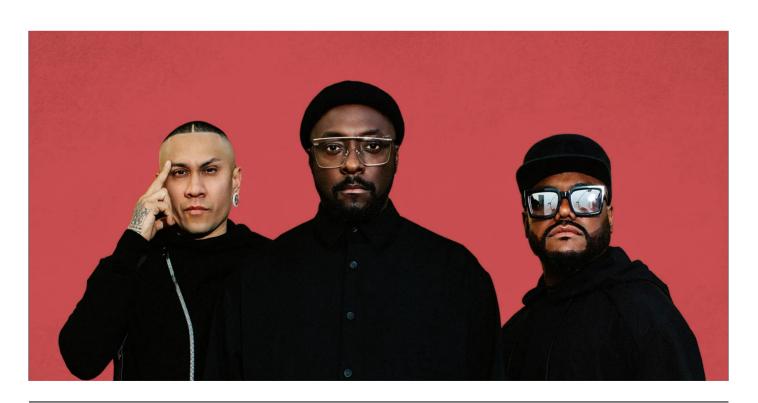
FRIDAY 26 APRIL		
MONTANA SPA		
Do-In morning excersi	ses- 10:00 to 10:30 a.m.	
_	Meeting point: SPA reception in training clothes	
registration. under marsday at 22.00 p.m. Meeting point. of A reception in training clothes		
KIDS PROGRAM		
2:00 p.m. to 4:00 p.m.	4:00 p.m. to 6:00 p.m.	
	Back at the Murmeli Club, we listen to music	
A little surprise awaits you at the end.	together and colour in mandalas.	
	_	
MONTANA SPA		
Mountain herbs peeling - at 6:05 p.m. in our aroma steam bath		
Mountain herbs peeting - at 0.05 p.m. in our aroma steam bath		
CATUDDA	V 27 A DDU	
SATURDAY 27 APRIL		
MONTANA SPA		
Breathing exercises - 10:00 to 10:30 a.m.		
Registration: until Friday at 10:00 p.m. Meeting point: SPA reception in training clothes		
KIDS PROGRAM		
2:00 p.m. to 4:00 p.m.	4:00 p.m. to 6:00 p.m.	
·	·	
A walk to get to know each other. Great	"Book Journey":	
questions and little surprises await you.	READ, LOOK, DISCOVER at the Murmeli Club.	
Kiwi land infusion 6:05 p.m. in our panorama sauna		
,		
SUNDAY 28 APRIL		
A A O NITA NI A CDA		
MONTANA SPA		
Walking meditation - 11:30 a.m. to 12:15 a.m		
Registration: until Saturday at 10:00 p.m. Meeting point: SPA reception in training clothes		
Mountain hike infusion - 6:05 p.m. in our panorama sauna		

MONDAY 29 APRIL MONTANA SPA Breathing excersises - 15:00 p.m. to 15:30 p.m Registration: until today at 10:00 a.m. | Meeting point: SPA reception in training clothes MONTANA SPA Fruit bomb infusion - at 6:05 p.m. in our panorama sauna TUESDAY 30 APRIL MONTANA SPA Back excersises - 10:00 a.m. to 10:30 a.m Registration: until Monday at 10:00 p.m. | Meeting point: SPA reception in training clothes SAMNAUN TOURISM Top of the Mountain Closing Concert Black Eyed Peas Meeting point: 1:00 p.m. Idalp (AUT) Silvretta Ski-Arena Samnaun/Ischgl

Honey experience infusion - at 6:05 p.m. in our panorama sauna

-----MONTANA SPA ------

Further information about the concert at www.samnaun.ch/konzert



WE WISH YOU HAPPY HOLIDAYS!