

CLUB WEEKS PROGRAMME

FALKENSTEINER BALANCE RESORT STEGERSBACH
28 NOV 2026 – 13 DEC 2026

					SATURDAY, 28.11.	SUNDAY, 29.11.
					8:00 Energizing Morning Pilates Intensity:*** mit STUDIO herzfeld Course room	8:00 Energizing Morning Pilates Intensity:*** mit STUDIO herzfeld Course room
					10:00 Preventive Conditioning Training Course room	10:00 Fascia-Rolling Course room
					13:30 Cooking class Cook the Garden – Comfort Dish Fee: €15 Free of charge for Club Members.	11:00 Workshop: Make your own herbal tea With herbs from our in-house permaculture garden. Fee: € 10,- Free of charge for Club Members.
					17:00 Pilates: Stretch & Release Intensity:** mit STUDIO herzfeld Course room	15:30 – 16:00 Stretch & Relax Course room

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MONDAY, 30.11.	TUESDAY, 01.12.	WEDNESDAY, 02.12.	THURSDAY, 03.12.	FRIDAY, 04.12	SATURDAY, 05.12.	SUNDAY, 06.12.
8:30-9:00 Healthy Back	8:30-9:00 Spine Stretch	8:30-9:00 Knee & Hip Mobility	8:30-9:00 Healthy Back	8:30-9:00 Fascia Rolling	10:00 Yoga with STUDIO herzfeld	10:00 Yoga with STUDIO herzfeld
Course room	Course room	Course room	Course room	Course room	Course room	Course room
11:00 Guided tour of the permaculture garden with gardener Paul		11:00 Workshop: Make your own herbal tea With herbs from our in-house permaculture garden.		15:00-15:45 Ice bathing with Experience Concierge		11:00 Workshop: Make your own herbal tea With herbs from our in-house permaculture garden.
Meeting point: Garden entrance		Fee: € 10,- Free of charge for Club Members.		Meeting Point: Reception		Fee: € 10,- Free of charge for Club Members.
	13:00-14:30 Chakra Trail Walk the path to self-discovery		14:00 Llama hike with Experience Concierge	17:00 Yoga with STUDIO herzfeld	13:30 Cooking class Cook the Garden – Comfort Dish	
	Meeting point: Reception		Meeting point: Reception Fee: € 27,-	Course room	Fee: €15 Free of charge for Club Members.	
15:30-16:00 Stretch and Relax		15:30-16:00 Relaxation session	15:30-16:00 Stretch and Relax	Until Midnight Midnight Spa with sauna infusions & live music	17:00 Yoga with STUDIO herzfeld	20:30 Torchlight walk with Experience Concierge
Course room		Course room	Course room		Course room	Meeting point: Reception

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MONDAY, 07.12.	TUESDAY, 08.12.	WEDNESDAY, 09.12.	THURSDAY, 10.12.	FRIDAY, 11.12	SATURDAY, 12.12.	SUNDAY, 13.12.
8:30-9:00 Healthy Back	9:00-10:00 Walk with activation exercises		8:30-9:00 Good Morning Mobility	8:30-9:00 Stretching		8:30-9:00 Spine Stretch
Course room	Meeting point: Reception		Course room	Course room		Course room
		11:00 Workshop: Kräutertee selber machen Mit Kräutern aus dem hauseigenen Permagarten. Kosten € 10,- Für Club Members kostenfrei.			14:00-14:45 Ice bathing with Experience Concierge Meeting Point: Reception	11:00 Guided tour of the permaculture garden with gardener Paul Meeting point: Garden entrance
13:00-13:30 Fascia Rolling	13:00-13:30 Spine Stretch		13:00-13:30 Nordic Walking	11:00 Fire & mulled wine	13:30 Cooking class Cook the Garden – Comfort Dish Fee: €15 Free of charge for Club Members.	
Course room	Course room		Meeting point: Reception	Meeting point: Pool terrace		
16:00 Relaxation session		16:00 Stretch & Relax		Until Midnight Midnight Spa with sauna infusions & live music	17:00 Sauna Festival	
Course room		Course room				