MY SAALBACH PROGRAMME
14 - 22 OCTOBER 2025

Tuesday, 14 October 2025

Sound bath - a moment to take a deep breath

Sound bath - a moment to take a deep breath

Where: Glemmtaler Landesstraße 613, 575 Saalbach
Start: 19:00
Infos: +49 170 8304812, leniyoga@web.de

CrossFit (Basics)

CrossFit (Basics)

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 19:30
Infos: Evy Lecher +43/680 3323667,

Wednesday, 15 October 2025

Pilates

Pilates A strong core is the basis for a healthy spine and effective movement sequences

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 18:00
Infos: Evy Lecher +43/680 3323667,

Jumping Fitness

JUMPING FITNESS A combination of fast and slow jumping without complicated choreographic steps on the trampoline

Where: Glemmtaler Landesstraße 628, 5753 Saalbach
Start: 18:00
Infos: Carina Embacher +43/664 3924707,

Thursday, 16 October 2025

Hike on the Reiterkogel

Hike on the Reiterkogel

Where: Reiterkogelweg 215, 5754 Hinterglemm
Start: 09:15
Infos: +43 650 8206978, a.steiner@saalbach.com

CrossFit (Basics)

CrossFit (Basics) in the WERKSTATT in Saalbach Workout-based functional strength and endurance training with kettlebells, dumbbells, cardio machines and your own body weight. The intensity can be adjusted to any fitness level. From 5:30 - 6:30pm Registration with Evy: +43/680 3323667

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 17:30
Infos: +43/680 3323667,

Tuesday, 21 October 2025

CrossFit (Basics)

CrossFit (Basics)

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 19:30
Infos: Evy Lecher +43/680 3323667,

Wednesday, 22 October 2025

Jumping Fitness

JUMPING FITNESS A combination of fast and slow jumping without complicated choreographic steps on the trampoline

Where: Glemmtaler Landesstraße 628, 5753 Saalbach

Start: 18:00

Infos: Carina Embacher +43/664 3924707,

Tourismus Service Center Saalbach Hinterglemm
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