

MY SAALBACH PROGRAMME

01 AUGUST - 08 OCTOBER 2025

Friday, 01 August 2025

Hike: Staffkogel

Hike: Staffkogel Guided mountain hike with summit. Experience a dreamlike day in the mountain world of the Glemmtal valley head with our mountain hiking guide Hans. Get to know the nature and the history of our region and let yourself be carried away into a time-out all for yourself.

Where: Talschlussweg, 5754 Hinterglemm

Start: 09:15

Infos: +43 650 82 06 978,

Sunday, 03 August 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,

Tuesday, 05 August 2025

Functional Fitness MASTERS - CrossFit 55+

Functional Fitness MASTERS CrossFit 55+ Fit, strong and agile at the best age This course is exclusively for HOL TEAM Card members over the age of 55 - IMPORTANT!

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 17:30

Infos: Evy Lecher +43/680 3323667,

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, 06 August 2025

Pilates

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

Where: Glemmtaler Landesstr. 447, 5753 Saalbach

Start: 09:00

Infos: Evy Lecher +43/680 3323667,

Thursday, 07 August 2025

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,

Monday, 11 August 2025

Boxing

Boxing Boxing is a combination of concentration, coordination and fitness. Strength is not so important, because what counts in the end is the right technique.

Where: WERKSTATT - Open Gym Saalbach, Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 08:30
Infos: +43/680 3323667,

Pilates

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

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 16:00
Infos: Evy Lecher +43/680 3323667,

Wednesday, 13 August 2025

Yoga session

Yoga session Yoga is for everyone! That's why this class is suitable for everyone, whether beginner or advanced. Duration 75 minutes.

Where: Haidweg 357, 5754 Hinterglemm
Start: 18:00
Infos: , miriam_scharnagl@hotmail.com

RELAXED BACK

Relaxed back Do you regularly have back problems? Exercise is the remedy here! The combination of mobilization, strengthening and stretching in this unit counteracts everyday stresses and strains and improves your posture. Special awareness and relaxation exercises also help you to release muscular tension and improve your body awareness.

Where: Glemmtaler Landesstr. 613, 5753 Saalbach
Start: 18:15
Infos: +43/6541-6800 204, hallo@physiocorinne.at

Friday, 15 August 2025

Workshop course for bikers

Workshop course for bikers The bike mechanic course with Peter from Paradise Workshop is for all do-it-yourselfers. Here you will learn how to maintain, repair and service your bike yourself.

Where: Unterdorf 353, 5753 Saalbach
Start: 18:00
Infos: +43/6541/6800-204, a.steiner@saalbach.com

Tuesday, 19 August 2025

Creative workshop - Eco Print

Creative workshop - Eco Print We print various natural materials onto fabric using a special technique and pure plant power.

Where: Glemmtaler Landesstr. 550, 5753 Saalbach
Start: 14:30
Infos: +43/6541-6800 204, a.steiner@saalbach.com

Wednesday, 20 August 2025

Forest Yoga & Brunch

Forest Yoga & Brunch

Where: Reiterkogel Talstation, Reiterkogelweg, 5754 Hinterglemm
Start: 09:00
Infos: +43 6604810464, miriam_scharnagl@hotmail.com

Friday, 22 August 2025

Pilates

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

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 08:00
Infos: Evy Lecher +43/680 3323667,

Sunday, 24 August 2025

yoga & brunch at the alm hut

yoga & brunch at the alm hut Enjoy a relaxing morning with the HOL TEAM! We start with a gentle yoga session that brings body and mind into harmony. Whether you are a beginner or experienced, the exercises are suitable for all levels. After practicing yoga together, we will round off the morning with a delicious, healthy brunch. Enjoy fresh delicacies and recharge your batteries for the rest of the day.

Where: Schwarzacherweg 69, 5754 Hinterglemm
Start: 09:30
Infos: +43 / 677 62035081 ,

Boxing

Boxing Boxing is a combination of concentration, coordination and fitness. Strength is not so important, because what counts in the end is the right technique.

Where: WERKSTATT - Open Gym Saalbach, Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 18:00
Infos: +43/680 3323667,

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

Wednesday, 27 August 2025

Pilates

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

Where: Glemmtaler Landesstr. 447, 5753 Saalbach
Start: 16:00
Infos: Evy Lecher +43/680 3323667,

Yoga session

Yoga session Yoga is for everyone! That's why this class is suitable for everyone, whether beginner or advanced. Duration 75 minutes.

Where: Haidweg 357, 5754 Hinterglemm
Start: 18:00
Infos: , miriam_scharnagl@hotmail.com

Hypnosis - Power & Motivation

Hypnosis - Power & Motivation Experience relaxation & lightness in a safe space. And recharge yourself with strength and motivation

Where: Glemmtaler Landesstr. 341c, 5753 Saalbach
Start: 18:45
Infos: +43/664 3603059, federleicht.yoga.hypnose@gmail.com

Wednesday, 03 September 2025

Yoga session

Yoga session Yoga is for everyone! That's why this class is suitable for everyone, whether beginner or advanced. Duration 75 minutes.

Where: Haidweg 357, 5754 Hinterglemm
Start: 18:00
Infos: , miriam_scharnagl@hotmail.com

Tuesday, 09 September 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

Wednesday, 10 September 2025

RELAXED BACK

Relaxed back Do you regularly have back problems? Exercise is the remedy here! The combination of mobilization, strengthening and stretching in this unit counteracts everyday stresses and strains and improves your posture. Special awareness and relaxation exercises also help you to release muscular tension and improve your body awareness.

Where: Glemmtaler Landesstr. 613, 5753 Saalbach
Start: 14:30
Infos: +43/6541-6800 204, hallo@physiocorinne.at

Yoga session

Yoga session Yoga is for everyone! That's why this class is suitable for everyone, whether beginner or advanced. Duration 75 minutes.

Where: Haidweg 357, 5754 Hinterglemm
Start: 18:00
Infos: , miriam_scharnagl@hotmail.com

Monday, 22 September 2025

4. CLOTHES-SWAP-PARTY

4. CLOTHES-SWAP-PARTY Refresh your closet without spending any money! Do you have clothes that you no longer wear and would like to swap for new favorite pieces?

Where: Glemmtaler Landesstr- 550, 5753 Saalbach
Start: 18:00
Infos: +43 6541 6800204, a.steiner@saalbach.com

Wednesday, 24 September 2025

Sourdough bread baking course by Brototyp

Sourdough bread baking course by Brototyp In this course we will focus on baking with rye sourdough and you will learn step by step how to bake a flavoursome crusty bread aka wholemeal rye mixed bread. Baking takes place in the beautiful rooftop kitchen of the Grand Pension Franziska. Of course, the course ends with a tasting of the results over a snack with antipasti. Ideal as an introduction to baking with sourdough!

Where: Glemmtaler Landesstr. 317, 5753 Saalbach

Start: 16:00

Infos: Evy Lecher +43/680 3323667,

Friday, 26 September 2025

Hike Manlitzkogel

Hike Manlitzkogel Guided mountain hike to the Manlitzkogel. Experience a fantastic day in the Glemmtal mountains with our mountain guide Hans. Get to know the nature and history of our region and let yourself be whisked away to a time-out all to yourself.

Where: Zwölferkogelweg 208, 5754 Hinterglemm

Start: 09:15

Infos: +43 650 82 06 978, a.steiner@saalbach.com

Wednesday, 08 October 2025

RELAXED BACK

Relaxed back Do you regularly have back problems? Exercise is the remedy here! The combination of mobilization, strengthening and stretching in this unit counteracts everyday stresses and strains and improves your posture. Special awareness and relaxation exercises also help you to release muscular tension and improve your body awareness.

Where: Glemmtaler Landesstr. 613, 5753 Saalbach

Start: 18:15

Infos: +43/6541-6800 204, hallo@physiocorinne.at

Tourismus Service Center Saalbach Hinterglemm
Glemmtaler Landstraße 550, A-5753 Saalbach
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