

Programm Recharge Days.



08.–13. & 15.–20.11.2026

Sunday

Arrival & free time

Monday

09:00–11:00 **Aqua Gym & Champagne Breakfast** | Leukerbad Therme
12:00–15:00 Free time: lunch, swimming, sauna & wellness
16:00–17:00 **Guided village tour**
18:00–20:00 **Welcome Apéro** | Hotel Le Bristol
From 20:00 Individual dinner

Tuesday

08:00–10:00 Breakfast at the hotel
10:00–11:00 **Yoga class**
12:00–15:00 Free time: lunch, swimming, sauna & wellness
15:00–17:00 **Aqua Relax Tai Chi** | Leukerbad Clinic
18:00–20:00 **Health lecture**
From 20:00 Individual dinner

Wednesday

08:00–10:00 Breakfast at the hotel
10:00–11:00 **Pilates class**
12:00–15:00 Free time: lunch, swimming, sauna & wellness
15:00–16:00 **Nordic Walking**
17:00–19:00 **Lecture "Healthy Fats"** | Galerie St. Laurent
From 20:00 **Aqua Mystica Evening** | Leukerbad Therme

Thursday

08:00–10:00 Breakfast at the hotel
10:00–12:00 **Guided hike & wildlife observation**
12:00–15:00 Free time: lunch, swimming, sauna & wellness
15:00–17:00 **Reading with tea ceremony** | Galerie St. Laurent
18:00–20:00 **Cheese-making demonstration** | Alte Sennerei
From 20:00 **Fondue Evening** | Restaurant Sternen

Friday

08:00–11:00 Breakfast at the hotel & departure