

**24.**  
Jun 2025

# Functional whole Body Training in Brand

🕒 Tuesday 18:00 o'clock

Duration: 1 hour

Train strength, endurance and flexibility.

## Guest Cards



**Guest Card Premium**



**Brandnertal, Bludenz, Klostertal Guest Card**

## Suitable for

3-15 persons, for children from 14 years

## Anmeldung

until 16:00 the day before at fitAlpin, T +43 660 733 04 46

## Description

Train strength, endurance and flexibility using your own body weight and simple aids.

## Meeting point

18:00 in Alvierbad in Brand

## Hint / Advice

Duration approx. 1h

## Price

€ 20.00 p.p. with Guest Card and € 25.00 p.p. without Guest Card

## Arrival Information

Arrival by public transport: Landbus 580, bus stop "Brand Gemeindezentrum". The exact connections can be found at [www.vmobil.at](http://www.vmobil.at). Travelling by public transport is free with the Brandnertal, Bludenz, Klostertal Guest Card and the Guest Card Premium.

## Guest card services



### Venue

**Alvierbad Brand**  
Mühledörfle 77  
6708 Brand



### Organizer

**Push your Power**  
Studa 16  
6708 Brand

[+43 5559 555](tel:+435559555)

[tourismus@brandnertal.at](mailto:tourismus@brandnertal.at)

<https://www.vorarlberg->

[alpenregion.at/de/brandnertal/naturbadesee-](https://www.vorarlberg-alpenregion.at/de/brandnertal/naturbadesee-)

[alvierbad.html](https://www.vorarlberg-alpenregion.at/de/brandnertal/naturbadesee-alvierbad.html)



[+43 660 733 0446](tel:+436607330446)

[kevin@pushyourpower.com](mailto:kevin@pushyourpower.com)

## further dates

| date       | time          |
|------------|---------------|
| 24.06.2025 | 18:00 o'clock |
| 01.07.2025 | 18:00 o'clock |
| 08.07.2025 | 18:00 o'clock |
| 15.07.2025 | 18:00 o'clock |
| 22.07.2025 | 18:00 o'clock |
| 29.07.2025 | 18:00 o'clock |
| 05.08.2025 | 18:00 o'clock |
| 12.08.2025 | 18:00 o'clock |
| 19.08.2025 | 18:00 o'clock |
| 26.08.2025 | 18:00 o'clock |