

# LE GRAND SPA - GROUP WORKOUT CLASSES

20<sup>th</sup> June - 7<sup>th</sup> October 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Fitness Facilities</i>	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00
<i>Group Classes</i>	<p>Jivamukti Yoga <b>08.30 (85')</b></p>	<p>Jivamukti Yoga <b>08.00 (85')</b></p> <p>Pilates Allegro <b>09.45 (60')</b></p> <p>Pilates Mat <b>17.45 (60')</b></p> <p>Pilates Allegro <b>19.00 (60')</b></p>	<p>Pilates Mat <b>08.30 (60')</b></p> <p>Yoga Flow <b>18.00 (70')</b></p>	<p>Jivamukti Yoga <b>08.30 (85')</b></p> <p>Yoga &amp; Meditation <b>17.45 (75')</b></p>	<p>Pilates Allegro <b>09.45 (60')</b></p>	<p>Yoga <b>09.00 (85')</b></p>	<p>Pilates Allegro <b>10.00 (60')</b></p>

Personal Training sessions are available

Pilates Allegro: Prior reservation is required, minimum 3 participants

All classes are open to beginners

Pilates Allegro (60') - 1x : CHF40 / 11x : CHF400

All other classes - 1x : CHF30 / 16x : CHF400