LE GRAND SPA - PROGRAMME AUTUMN 2018

8th October - 13th December 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Coiffeur & Beauty	-	-	-	-	09.00 - 18.00 in October & December	09.00 - 17.00 in October & December	-
Fitness & Gym	09.00 - 18.00	09.00 - 18.00	09.00 - 18.00	09.00 - 18.00	09.00 - 18.00	09.00 - 17.00 in October & December	-
Group Classes	Jivamukti Yoga **08.30 (85')**	Jivamukti Yoga **08.00 (85')** Pilates Allegro* **09.45 (60')**	Pilates Mat **08.30 (60')**	Jivamukti Yoga **08.30 (85')**	Pilates Allegro* **09.45 (60')**		
		Pilates Mat **17.45 (60')** Pilates Allegro* **19.00 (60')**	Yoga Flow **18.00 (70')**	Qigong* **17.00 (70')**			

Personal Training sessions are available

*Pilates Allegro & Qigong: Prior reservation is required, minimum 3 participants

Selected massages are available on request

Coiffeur & Beauty: Open every Friday and Saturday in October and December

Pilates Allegro & Qigong: 1x : CHF40 / 11x : CHF400

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