

LE GRAND SPA - PROGRAMME WINTER 2018-19

14th December 2018 - 31st March 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Pool, Gym & Fitness</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>	Jivamukti Yoga 08.30 (85')	Jivamukti Yoga (not on 25.12. & 1.1.) 08.00 (85') Pilates Allegro* 09.45 (60') Pilates Mat (not on 25.12. & 1.1.) 17.45 (60') Pilates Allegro* (not on 25.12.) 19.00 (60')	Pilates Mat 08.30 (60') SUP Yoga* (starts on 26.12.) 10.30 (60') Yoga Flow 18.00 (70')	Jivamukti Yoga 08.30 (85') Yoga & Meditation 17.45 (75')	Vinyasa Yoga 08.00 (75') Pilates Allegro* 09.45 (60')	Yoga 09.00 (85') Restorative Yoga Post Exercise 17.00 (60')	Pilates Allegro* 09.45 (60')

Personal Training sessions are available

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

SUP Yoga: Paddle board yoga in our indoor swimming pool (strengthens core and enhances balance)

Pilates Allegro & SUP Yoga 1x : CHF40 / 11x : CHF400

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