

LE GRAND SPA - PROGRAMME WINTER 2019

Until 31st of 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 Mat 08.30 (60')	Jivamukti Yoga 08.30 (85')	Vinyasa Yoga 08.00 (75')	Yoga 09.00 (85')	Pilates Allegro* 09.45 (60')
		Pilates Allegro* 09.45 (60')	SUP Yoga* 10.30 (60')		Pilates Allegro* 09.45 (60')		
		Pilates Mat (not on 25.12. & 1.1.) 17.45 (60')	Yoga Flow 18.00 (70')	Yoga & Mediation 17.45 (75')		Restorative Yoga Post Exercise 17.00 (60')	
	SUP Yoga* 20.00 (60')	Pilates Allegro* (not on 25.12.) 19.00 (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