

# LE GRAND SPA - PROGRAMME SPRING 2019

From 1 April until 20 June 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Gym &amp; Fitness</i>	09.00 - 18.00	09.00 - 18.00	09.00 - 18.00	09.00 - 18.00	09.00 - 18.00	09.00 - 17.00 <i>(only on 6 April and 1, 8 and 15 June)</i>
<i>Group Classes</i>	<p>Jivamukti Yoga <i>(not on 13 May)</i> <b>08.30 (85')</b> <i>22 April: 08.00 (75')</i></p>	<p>Yoga <b>08.00 (75')</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>Vinyasa Yoga <i>(not on 17 May)</i> <b>08.00 (75')</b></p> <p>Pilates Allegro* <b>09.45 (60')</b></p>	

Personal Training sessions are available

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

*Selected massages are available on request*

*Coiffeur and beauty services available on 5-6 April and 1, 7-8 and 14-15 June*

Pilates Allegro 1x : CHF40 / 11x : CHF400

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