

LE GRAND SPA - PROGRAMME SUMMER 2019

21 June 2019 - 6 October 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>	<p>Jivamukti Yoga</p> <p>08.30 (85')</p>	<p>Vinyasa Yoga</p> <p>08.00 (75')</p> <p>Pilates Allegro*</p> <p>09.45 (60')</p> <hr/> <p>Pilates Mat</p> <p>17.45 (60')</p> <p>Pilates Allegro*</p> <p>19.00 (60')</p>	<p>Pilates Mat</p> <p>08.30 (60')</p> <p>SUP Yoga*</p> <p>10.30 (60')</p> <p>Yoga Flow</p> <p>18.00 (70')</p>	<p>Jivamukti Yoga</p> <p>08.30 (85')</p> <p>Yoga & Meditation</p> <p>18.00 (75')</p>	<p>Vinyasa Yoga</p> <p>08.00 (75')</p> <p>Pilates Allegro*</p> <p>09.45 (60')</p>	<p>Yoga</p> <p>09.00 (85')</p>	<p>Pilates Allegro*</p> <p><i>Starts on June 30th</i></p> <p>09.45 (60')</p>

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