



LE GRAND SPA

G S A A D

03.07-20.09.2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool, Gym & Fitness	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
Group Classes	08.30 JIVAMUKTI YOGA (75 mins)	08.30 VINYASA STRENGTH YOGA (60 mins)	08.30 PILATES MAT (60 mins)	08.30 HATHA YOGA (75 mins)	08.00 VINYASA YOGA (75 mins)	09.00 JIVAMUKTI YOGA (75 mins)	
		09.45 PILATES ALLEGRO (60 mins)	10.30 SUP YOGA (60 mins)		09.45 PILATES ALLEGRO (60 mins)		
		17.45 PILATES MAT (60 mins)					
	19:15 RESTORATIVE YOGA (75 mins)	19.00 PILATES ALLEGRO (60 mins)	18.00 AWAKENING VINYASA YOGA (70 mins)				

- Prior reservation is required for every class
- SUP Yoga: Paddle board yoga in our indoor swimming pool (strengthen core and enhances balance)

Pilates Allegro/SUP Yoga
1x: 40CHF / 11x: 400CHF
All other classes 1x: 30 CHF / 16x 400CHF

