



LE GRAND SPA

CS 1 A A 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Classes	08.00 VINYASA YOGA (75 mins) until	08.00 AWAKENING VINYASA YOGA (60 mins)	08.30 PILATES MAT (60 mins)		08.00 VINYASA YOGA (75 mins)		
		09.45 PILATES ALLEGRO (60 mins)			09.45 PILATES ALLEGRO (60 mins)		
		17.45 PILATES MAT (60 mins)	18.00 AWAKENING VINYASA YOGA (60 mins)				
		19.00 PILATES ALLEGRO (60 mins)					

- Off season : 21.09.2020 - 10.12.2020
- Pilates Allegro, Pilates Mat and Yoga: Prior reservation is required.

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

