



LE GRAND SPA

11.12. - 04.04.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool, Gym & Fitness							
Group Classes	08.30 ASHTANGA YOGA (85 MINS)	08.30 AWAKENING VINYASA YOGA (60 MINS)	08.30 PILATES MAT (60 MINS)	08.30 HATHA YOGA (85 MINS)	08.00 VINYASA YOGA (75 MINS)	09.00 HATHA YOGA (85 MINS)	
		09.45 PILATES ALLEGRO (60 MINS)	10.30 SUP YOGA (60 MINS)		09.45 PILATES ALLEGRO (60 MINS)	10.30 QI GONG Moving Meditation (85 MINS)	09.45 PILATES ALLEGRO (60 MINS)
	19.00 YIN YOGA (75 MINS)	17.45 PILATES MAT (60 MINS)	18.00 AWAKENING VINYASA YOGA (60 MINS)				11.00 PILATES ALLEGRO ATHLETIC (60 MINS)

- Winter season: 11.12.2020 - 04.04.2021
- All classes: Prior reservation required.

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

