



LE GRAND SPA

04.10. - 09.12

|                           | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY |
|---------------------------|---|---|--|--|---|---|--------|
| Pool,<br>Gym &<br>Fitness |   |   |  |  |   |   |        |
| Group<br>Classes          | 08.30<br>VINYASA YOGA<br>(60 MINS)<br><i>Natascha</i> |   |  | 08.30<br>YIN YANG YOGA<br>(75 MINS)<br><i>Carla, from 21.10. - 03.12</i> | 08.00<br>HATHA YOGA<br>FLOW<br>(75 MINS)<br><i>Natascha, until 31.10.</i> | 09.30<br>HATHA YOGA<br>(75 MINS)<br><i>Natascha, starts on 06.11.</i> |        |
|                           |   | 09.45<br>PILATES<br>ALLEGRO<br>(60 MINS)<br><i>Jürg</i> |  |  | 09.45<br>PILATES<br>ALLEGRO<br>(60 MINS)<br><i>Jürg</i>                   |   |        |
|                           |   |   | 18.00<br>AWAKENING<br>VINYASA YOGA<br>(60 MINS)<br><i>Solina, no classes on:<br/>27.10 / 03.11 / 10.11</i> |  | 16.30<br>BARREFIT<br>(60 MINS)<br><i>Carla, from 22.10. - 03.12.</i>      |   |        |

- Please check the above timetable for class availability
- Minimum of 3 attendees per class
- Please note, that safety measures will be strictly adhered to and classes are subject to change, depending on updated regulations from the BAG

Pilates Allegro & SUP Yoga 1x: CHF 40 / 11x: CHF 400  
 All other classes 1x: CHF 35 / 16x: CHF 440

