



LE GRAND SPA

10.12.2021 - 20.03.2022

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------|---|--|---|----------------------------------|--|---|--|
| Pool, Gym & Fitness | | | | | | | |
| Group Classes | 08.30 HATHA YOGA FLOW (75 MINS) Starts January 2022 | 8.30 AWAKENING VINYASA YOGA (60 MINS) | | 08.30 POWER YOGA (60 MINS) | | | |
| | | 09.45 PILATES ALLEGRO (60 MINS) | 10.30 SUP YOGA (60 MINS) | | 09.45 PILATES ALLEGRO (60 MINS) | 10.00 HATHA YOGA FLOW (75 MINS) Starts January 2022 | 09.45 PILATES ALLEGRO (60 MINS) |
| | | | 18.00 AWAKENING VINYASA YOGA (60 MINS) | | 17.00 BARREFFIT (60 MINS) | 17:00 YIN YOGA & STRETCHING (60 MINS) | 11.00 PILATES ALLEGRO (60 MINS) |

- Winter season : 10.12.2021 - 20.03.2022
- All classes: **Prior reservation** is required
- BAG Covid measures apply - classes are subject to be modified upon BAG regulations
- Minimum 3x persons

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

