



LE GRAND SPA

16.12.22 - 10.04.23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Classes	08.30 POWER VINYASA Intermediate (60 MINS)	09.45 PILATES REFORMER (60 MINS)		08.30 DANCE INSPIRED YOGA (60 MINS)		08.30 PILATES REFORMER (60 MINS)	
			10.30 SUP YOGA (60 MINS)		09.45 PILATES REFORMER Advanced (60 MINS)		09.45 PILATES REFORMER Intermediate (60 MINS)
		15.00 YIN YOGA (60 MINS)		15.00 GUIDED MEDITATION (60 MINS)	10.50 PILATES REFORMER Intermediate (60 MINS)	10.00 HATHA YOGA FLOW (75 MINS)	10.50 PILATES REFORMER Advanced (60 MINS)
	18.30 PILATES MAT (60 MINS)	18.30 JIVAMUKTI YOGA (75 MINS)	18.30 POWER VINYASA (60 MINS)	18.30 BREATHING & HATHA YOGA (60 MINS)			18.30 TAI CHI (90 MINS)

- Please be aware: a free cancellation 24 hours prior to the class is possible. A late cancellation requires a full amount to pay or will be deducted from the abonnement.
- To reserve a class: prepayment or with a valid abonnement.
- E-Mail: spa@bellevue-gstaad.ch
- Phone: +41 33 748 0101

Pilates Reformer, Tai Chi & SUP 1x: CHF 45 / 10x: CHF 450  
 All other classes: CHF 40  
 Abonnement for classes (excl. Reformer & SUP)  
 16x: CHF 500 / 32x: CHF 925 / 100x: CHF 2.000

