



LE GRAND SPA

16.06.2023 – 01.10.2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Classes	08.30 BREATHING AND HATHA YOGA <i>Starting 17. July</i> (60 MINS)	09.45 PILATES REFORMER (60 MINS)			09.45 PILATES REFORMER (60 MINS)		09.45 PILATES REFORMER (60 MINS)
		10.50 PILATES REFORMER (60 MINS)	10.30 SUP YOGA * (60 MINS)	10.00 JIVAMUKTI YOGA (75 MINS)		10.00 HATHA YOGA FLOW (75 MINS)	10.50 PILATES REFORMER (60 MINS)
	15.00 GUIDED MEDITATION (60 MINS)						
			18.30 POWER YOGA (60 MINS)	18.30 YIN YOGA (60 MINS)			18.00 TAI CHI (90 MINS)

To reserve a class: prepayment or with a valid abonnement.

- 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.

- E-Mail: spa@bellevue-gstaad.ch
- Phone: +41 33 748 01 01

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

* SUP Yoga on the lake if weather permits, extra CHF 5

