



LE GRAND SPA

16.06.2023 – 01.10.2023

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------|-------------------------------------------|------------------------------------------|---------------------------------------------------------------|
| Group Classes | 08.30 BREATHING AND HATHA YOGA (60 MINS) | 09.45 PILATES REFORMER (60 MINS) <i>Fast Pace</i> | 10.00 DANCE CLASS <i>On 6, 13 and 20 September</i> (60 MINS) | | 09.45 PILATES REFORMER (60 MINS) | 10.00 HATHA YOGA FLOW (75 MINS) | 09.45 PILATES REFORMER (60 MINS) <i>Fast Pace</i> |
| | | 10.50 PILATES REFORMER (60 MINS) <i>Slow Pace</i> | 10.30 SUP YOGA * (60 MINS) | 10.00 JIVAMUKTI YOGA (75 MINS) | | | 10.50 PILATES REFORMER (60 MINS) <i>Slow Pace</i> |
| | 15.00 GUIDED MEDITATION (60 MINS) | | | | | | |
| | | | 18.30 POWER YOGA (60 MINS) <i>Intermediate</i> | 18.30 YIN YOGA (60 MINS) | 18.00 PILATES REFORMER (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

