



LE GRAND SPA

14.06.2024 – 06.10.2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Classes	08.30 POWER VINYASA YOGA (60 MINS)	09.45 PILATES REFORMER (60 MINS) <i>Fast Pace</i>	08.30 PILATES MAT (60 MINS)	08.30 JIVAMUKTI YOGA (75 MINS)	09.45 PILATES REFORMER (60 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)			10.30 HATHA YOGA FLOW (75 MINS)	10.50 PILATES REFORMER (60 MINS) <i>Slow Pace</i>
	17.30 PILATES MAT (60 MINS)	18.30 BREATHING & HATHA YOGA (60 MINS)	18.30 POWER VINYASA YOGA (60 MINS)	18.30 YIN RESTORATIVE YOGA (60 MINS)			17.15 SOUND HEALING <i>Every two weeks</i> (60 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

Reformer, SUP & Sound Healing 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 Arnen lake if weather permits, extra CHF 5

