



LE GRAND SPA

31/03/2025 - 07/06/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP CLASSES	08.30* POWER VINYASA <i>Intermediate</i> (60 MINS) - Solina -	09.45 PILATES REFORMER (60 MINS) - Jürg, Maya or Dario -	08.30* PILATES MAT (60 MINS) - Solina -		09.45 PILATES REFORMER (60 MINS) - Jürg, Maya or Dario -	10.30 HATHA YOGA FLOW (75 MINS) - Natascha -	- CLOSED -
		10.50 PILATES REFORMER (60 MINS) - Jürg, Maya or Dario -	10.30 YIN YOGA (60 MINS) - Natascha -				
	17.30 PILATES MAT (60 MINS) - Solina -	17.30 GAG <i>Lower body</i> (60 MINS) - Michael -	18.30 POWER VINYASA <i>Intermediate</i> (60 MINS) - Solina -	17.30 HIIT (60 MINS) - Michael -	16.30 CORE TRAINING <i>Higher body</i> (60 MINS) - Michael -		

\* Class will proceed with 3+ participants only. Please reserve in advance. Classes may be canceled by 17:00 the day before if attendance is insufficient.

**Class reservation:** Prepayment or a valid abonnement.

**Cancellation policy:** Free cancellation is available 24 hours before the class. Late cancellations will incur full charges or be deducted from the abonnement.

**Contact information:**

E-Mail: [spa@bellevue-gstaad.ch](mailto:spa@bellevue-gstaad.ch)

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Pilates Reformer 1x: CHF 45 / 10x: CHF 450  
All other classes: 1x: CHF 40

Abonnement for classes (excl. Reformer)  
16x: CHF 500 / 32x: CHF 925 / 100x: CHF 2.000

**Spa off-season:**

Mondays to Saturdays 9:00 - 18:00

Treatments, fitness, coiffeur & barber

