



LE GRAND SPA

SUMMER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP CLASSES	08.30 POWER VINYASA YOGA <i>Intermediate</i> (60 MINS) - Solina -		08.30 PILATES MAT (60 MINS) - Solina -	08.30 JIVAMUKTI YOGA (75 MINS) - Ilaria -	8.30 AQUA GYM (60 MINS) - Michael -	8.30 AQUA GYM (60 MINS) - Michael -	
	9.30 AQUA GYM (60 MINS) - Michael -	09.45 PILATES REFORMER <i>Fast pace</i> (60 MINS) - Jürg -			09.45 PILATES REFORMER <i>Fast pace</i> (60 MINS) - Jürg -		09.45 PILATES REFORMER <i>Fast pace</i> (60 MINS) - Myrthe -
	16.15 GAG <i>Lower body</i> (60 MINS) - Michael -	10.50 PILATES REFORMER <i>Slow pace</i> (60 MINS) - Jürg -	10.30* SUP YOGA <i>In Arnen See</i> (60 MINS) - Natascha -	10.00 FULL BODY TRAINING (60 MINS) - Michael -		10.30* HATHA YOGA FLOW <i>In our garden</i> (75 MINS) - Natascha -	
	17.30 PILATES MAT (60 MINS) - Solina -	18.30 SOMATIC HATHA YOGA (60 MINS) - Joan - <i>from the 15th of July</i>	18.30 POWER VINYASA YOGA <i>Intermediate</i> (60 MINS) - Solina -	18.30 YIN RESTORATIVE YOGA (60 MINS) - Natascha -	10.50 PILATES REFORMER <i>Slow pace</i> (60 MINS) - Michael -		10.50 PILATES REFORMER <i>Slow pace</i> (60 MINS) - Myrthe -
					16.15 HIIT (60 MINS) - Michael -	16.15 CORE <i>Higher body</i> (60 MINS) - Michael -	17.15 SOUND HEALING <i>Every 2 weeks</i> (60 MINS) - Katarzyna -

Reserve a class: Prepayment or a valid abonnement.

Please be aware: free cancellation is available 24 hours is possible prior to the class.
A late cancellation requires a full amount to pay or will be deducted from the abonnement.

Contact information:

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

* weather permitting, otherwise in SPA

Reformer, SUP & Sound Healing: 1x 45 CHF
Abonnement: 10x 450 CHF / 20x 900 CHF
SUP on lake: 50 CHF
All other classes: 40 CHF
Abonnements:
16x 500 CHF / 32x 925 CHF / 100x 2000CHF

