



12/12/2025 TO 15/03/2026



LE GRAND SPA

WINTER SEASON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.30 POWER VINYASA <i>Intermediate</i> - Solina -	08.30 AQUA GYM - Michael -	08.30 FORM <i>Pilates Mat & Training</i> <i>Fusion</i> - Solina -	08.30 JIVAMUKTI YOGA - Ilaria -	08.30 AQUA GYM - Michael -	08.30 AQUA GYM - Michael -	
	09.45 PILATES REFORMER <i>Fast pace</i> - Jürg -			09.45 PILATES REFORMER <i>Fast pace</i> - Jürg -		09.45 PILATES REFORMER <i>Fast pace</i> - Myrthe -
	10.50 PILATES REFORMER <i>Fast pace</i> - Jürg -	10.30 SUP YOGA <i>In the pool</i> - Natascha -	10.50 PILATES REFORMER - Carla -	10.50 PILATES REFORMER <i>Fast pace</i> - Jürg or Carla -	10.30 HATHA YOGA FLOW - Natascha -	10.50 PILATES REFORMER <i>Slow pace</i> - Myrthe -
16.15 GAG - Michael -			16.15 CORE <i>Higher body</i> - Michael -	16.15 HIIT - Michael -	16.15 FULL BODY TRAINING - Michael -	
17.30 FORM <i>Pilates Mat & Training</i> <i>Fusion</i> - Solina -	18.30 BARREFIT - Carla -	18.30 POWER VINYASA <i>Intermediate</i> - Solina -	18.30 YIN RESTORATIVE YOGA - Natascha -	18.30 SOMATIC HATHA YOGA - Joan -		17.15 SOUND HEALING 14.12/11.01/25.01/1.03 - Katarzyna -

Reservation is mandatory for all classes
Reserve a class: Prepayment or a valid abonnement.
Please be aware: free cancellation is available 24 hours prior to the class.
A late cancellation requires a full amount to be paid or will be deducted from the abonnement.
All classes are 60 minutes. Jivamukti Yoga and Hatha Yoga Flow are 75 minutes

Reformer, SUP, Sound Healing: 1x 45 CHF
All other classes: 40 CHF
Abonnements available

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

