



16/03/2026 TO 20/06/2026



LE GRAND SPA

Spa off-season:

Mondays to Saturdays 9:00 - 18:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.30 POWER VINYASA <i>Intermediate</i> (60 MINS) - Solina -		08.30 FORM <i>Pilates Mat &amp; Training Fusion</i> - Solina -				CLOSED
	09.45 PILATES REFORMER (60 MINS) - Jürg, Myrthe or Dario -			09.45 PILATES REFORMER (60 MINS) - Jürg, Myrthe or Dario -		
	10.50 PILATES REFORMER (60 MINS) - Jürg, Myrthe or Dario -	10.30 YIN YOGA (60 MINS) - Natascha -	11.00 FULL BODY TRAINING (60 MINS) - Michael -	10.50 PILATES REFORMER (60 MINS) - Myrthe, Dario or Jürg -	10.30 HATHA YOGA FLOW (75 MINS) - Natascha -	
17.30 FORM <i>Pilates Mat &amp; Training Fusion</i> - Solina -	17.00 GAG <i>Lower body</i> (60 MINS) - Michael -		17.00 CORE <i>Higher body</i> (60 MINS) - Michael -	17:00 HIIT (60 MINS) - Michael -		
		18.30 POWER VINYASA <i>Intermediate</i> (60 MINS) - Solina -				

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.

Contact information:

Phone: +41 33 748 01 01

E-Mail: spa@bellevue-gstaad.ch

Reformer: 1x 45 CHF  
Abonnement: 10x 450 CHF / 20x 900 CHF

All other classes: 40 CHF  
Abonnements:  
16x 500 CHF / 32x 925 CHF / 100x 2'000 CHF

