



21/06/2026 TO 27/09/2026



LE GRAND SPA

SUMMER SEASON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.30 POWER VINYASA <i>Intermediate</i> (60 MINS) - Solina -	09.00 AQUA GYM (60 MINS) - Michael -	08.30 FORM <i>Pilates Mat & Training</i> <i>Fusion</i> - Solina -	08.30 JIVAMUKTI YOGA (75 MINS) <i>available from 23.07.2026</i> - Ilaria -		09.00 AQUA GYM (60 MINS) - Michael -	
	09.45 PILATES REFORMER (60 MINS) - Jürg -	10.30 SUP YOGA (60 MINS) <i>Arnensee or Le Grand Spa</i> - Natascha -	10.00 FULL BODY TRAINING (60 MINS) - Michael -	09.45 PILATES REFORMER (60 MINS) - Jürg -	10.30 HATHA YOGA FLOW (75 MINS) - Natascha -	09.45 PILATES REFORMER (60 MINS) - Myrthe -
	10.50 PILATES REFORMER (60 MINS) - Jürg -			10.50 PILATES REFORMER (60 MINS) - Myrthe -		10.50 PILATES REFORMER (60 MINS) - Myrthe -
16.15 HIIT (60 MINS) - Michael -					16.15 FULL BODY TRAINING (60 MINS) - Michael -	
17.30 FORM <i>Pilates Mat & Training</i> <i>Fusion</i> - Solina -	18.30 SOMATHIC HATHA YOGA (60 MINS) <i>available from 07.07.2026</i> - Joan -	18.30 POWER VINYASA <i>Intermediate</i> (60 MINS) - Solina -	18.30 YIN RESTORATIVE YOGA (60 MINS) - Natascha -			17.15 SOUND HEALING <i>21.06/05.07/19.07/ 02.08/16.08/30.08/13.09</i> (60 MINS) - 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.

Contact information:

Phone: +41 33 748 01 01

E-Mail: spa@bellevue-gstaad.ch

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

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

