

LE GRAND SPA - GROUP WORKOUT CLASSES

20th June - 7th October 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Fitness Facilities</i>	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00	08.00 - 21.00
<i>Group Classes</i>	<p>Jivamukti Yoga 08.30 (85')</p>	<p>Jivamukti Yoga 08.00 (85')</p> <p>Pilates Allegro 09.45 (60')</p> <p>Pilates Mat 17.45 (60')</p> <p>Pilates Allegro 19.00 (60')</p>	<p>Pilates Mat 08.30 (60')</p> <p>Yoga Flow 18.00 (70')</p>	<p>Jivamukti Yoga 08.30 (85')</p> <p>Yoga & Meditation 17.45 (75')</p>	<p>Pilates Allegro 09.45 (60')</p>	<p>Yoga 09.00 (85')</p>	<p>Pilates Allegro 10.00 (60')</p>

Personal Training sessions are available

Pilates Allegro: Prior reservation is required, minimum 3 participants

All classes are open to beginners

Pilates Allegro (60') - 1x : CHF40 / 11x : CHF400

All other classes - 1x : CHF30 / 16x : CHF400