



Fitness & Wellness Activities

*Group Classes**

	9am-9.45am (45CHF)	3.30pm-4.15pm (45CHF)
Monday	Tai - Chi	Yogalates (Yoga /Pilates)
Tuesday	Breathing Meditation	Tai -Chi Fast Form
Wednesday	Power Yoga	Barre Core
Thursday	Meditation	Bootcamp
Friday	Just Cardio	Pi-Yo-Chi
Saturday	Yoga Flow	Shred & Tone
Sunday	Pool Bootcamp	Yang-Yin Yoga

Day Spa: 50% off on all group classes of the day

Hotel guests: 9am classes are complimentary

Spa members: All classes complimentary

* Classes might change without prior notice, please make sure to confirm your reservation until 8pm the day before

Six Senses Spa at The Alpina Gstaad

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