



## Fitness & Wellness Activities

*Group Classes\* for the period of 11-17 Dec and 8-14 March*

*\*\* in case of bad weather*

	9am-9.45 am (45CHF)	3.30pm-4.15pm (45CHF)
Monday	Qigong Antonis	YOGALATES CROSSFIT Antonis
Tuesday	Breathing & Meditation Antonis	TAI-CHI Fast Form Antonis
Wednesday	HATHA VINYASA Yoga Verena	FUNCTIONAL CIRCUIT Verena
Thursday	BODY BALANCE Verena	Outdoor Fitness, ** Cardio Verena
Friday	Pranayama & Meditation Verena	HATHA YOGA Verena
Saturday	Sun salutations Verena	Walking Meditation (outdoor) Verena
Sunday	HITT Verena	TAI CHI Antonis

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**

[www.sixsenses.com](http://www.sixsenses.com)

T: +41.33.888 9898 E: [reservations-alpinagstaad-spa@sixsenses.com](mailto:reservations-alpinagstaad-spa@sixsenses.com)