



Fitness & Wellness Activities

Group Classes for the period of 18 Dec - 7 March*

*** in case of bad weather*

	9am-9.45am (45 CHF)	3.30pm-4.15pm (45 CHF)
Monday	Just Cardio Soufiane	YOGALATES CROSSFIT Antonis
Tuesday	Breathing & Meditation Antonis	CROSSFIT Soufiane
Wednesday	HATHA VINAYASA Yoga Verena	TAI CHI Fast Form Antonis
Thursday	BODY BALANCE Verena	Outdoor Fitness, ** Cardio Verena
Friday	Pranayama & Meditation Verena	L.A.B. (legs/Abs/butt) Soufiane
Saturday	TRX Soufiane	YOGA NIDRA Verena
Sunday	BODY PUMP Soufiane	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

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