



## Fitness & Wellness Activities

### Group Classes\*

	9am - 9.45am (45 CHF)	3.30 pm - 4.15 pm (45 CHF)
<b>Monday</b> (Antonis)	<b>Qiqong</b> Slow energy breathing exercise	<b>Tibetan Medicine Yoga</b> Indoor/outdoor
<b>Tuesday</b> (Antonis)	<b>Tai-Chi-Chuan</b> Slow- Indoor/Outdoor	<b>Tai-Chi</b> Fast- Indoor/Outdoor
<b>Wednesday</b> (Verena)	<b>HIIT</b> (High Intensity Intervals) - Outdoor	<b>Hatha Yoga</b> (Gentle slow pace) - Outdoor
<b>Thursday</b> (Verena)	<b>Power Yoga Flow</b> (Vinyasa Yoga) - Outdoor	<b>Pilates</b> Indoor
<b>Friday</b> (Verena)	<b>Cardio Workout</b> Outdoor	<b>Pranayama &amp; Meditation</b> Outdoor
<b>Saturday</b> (Verena)	<b>Power Circuit</b> Indoor/Outdoor	<b>Yin Yoga</b> (Restorative) - Indoor/Outdoor
<b>Sunday</b> (Verena)	<b>Sun Salutations</b> Outdoor	<b>Yoga Nidra</b> (Meditation) - Indoor/Outdoor

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)