



Fitness & Wellness Activities

*Morning Group Classes**

*Afternoon Group Classes**

Monday

Cardio Booster

HIFT

High Intensity Functional Training

Tuesday

Pranayama

Breathing practices

Body Balance

Singing bowls and meditation

Wednesday

Full Body Toning

Back Fitness

Thursday

HIIT

High Intensity Interval Training

Stretching

Friday

Vinyasa Yoga

Functional Workout

Saturday

Singing Bowl journey

Power Circuit

Sunday

Yin Yoga

Slow rhythm yoga

Pilates

	Mon – Fri	Sat - Sun
Morning Classes	9 – 9:45am	10 – 10:45am
Afternoon Classes	3:30 – 4:15pm	

COMPLIMENTARY

Hotel Guest	9am classes
Spa Members	all classes

* Classes might change without prior notice, please make sure to confirm your reservation until 8pm the day before. Except the complimentary options, each class costs CHF 50.

Six Senses Spa at The Alpina Gstaad

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