


Fitness and Yoga program

	MON MON LUN	DIE TUE MAR	MIT WED MER	DON THR JEU	FRE FRI VEN	SAM SAT SAM	SON SUN DIM
8.30	8.30 - 9.30	8.30 - 9.30	8.30 - 9.30	8.30 - 9.30	8.30 - 9.30	8.30 - 9.30	8.30 - 9.30
9.00	Gigi	Gigi	Claudia	Claudia	Claudia	Claudia	Gigi
9.30	Hatha Flow Yoga	Yoga Foundation	Good Morning Flow	Good Morning Flow	Good Morning Flow	Good Morning Flow	Hatha Flow Yoga

SchlossSport offen von 6.00 - 23.00
 SchlossSport open from 6.00 - 23.00
 SchlossSport ouvert de 6.00 - 23.00

17.00	17.00 - 18.00	17.00 - 18.00	17.00 - 18.00	17.00 - 18.00	17.00 - 18.00	17.00 - 18.00	
17.30	Phoebe	Constanze	Phoebe	Constanze	Constanze	Phoebe	
18.00	Body weight circuits	Pilates	Kettle bell training	TRX + Stretch	Pilates	Body weight circuits	

Preis: CHF 25 - CHF 30 | für Hotelgäste kostenlos
 Price: CHF 25 - CHF 30 | free for hotel guests
 Prix: CHF 25 - CHF 30 | gratuit pour les clients de l'hôtel



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