


Fitness and Yoga program I Sommer 2023

| MON MON LUN | DIE TUE MAR | MIT WED MER | DON THR JEU | FRE FRI VEN | SAM SAT SAM | SON SUN DIM |
|---|---|---|---|---|---|---|
| 8.30 - 9.30 Tonya Good Morning Flow | 8.30 - 9.30 Tonya Good Morning Flow | 8.30 - 9.30 Tonya Good Morning Flow | 8.30 - 9.30 Tonya Good Morning Flow | 8.30 - 9.30 Sarah Good Morning Flow | 8.30 - 9.30 Marcela Good Morning Flow | 8.30 - 9.30 Sarah Good Morning Flow |



SchlossHotel
ZERMATT

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|--|--------------------------------|---|---|--------------------------------|----------------------------------|---|
| 17.30- 18.30 Phoebe Kettle Bell Training | 17.30 - 18.30 Sarah Yoga | 17.30 - 18.30 Phoebe Body Weight Circuits | 17.30 - 18.30 Constanze TRX + Stretch | 17.30 - 18.30 Sarah Yoga | 17.30 - 18.30 Marcela Yoga |  |
|--|--------------------------------|---|---|--------------------------------|----------------------------------|---|

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

SchlossSport offen von 6.00 - 23.00
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