

## The Spa and Health Club Gruppenklassen – Winter 2018 / 2019

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7 Uhr			Circuit Training	Strength Workout	Pilates		
8 Uhr	Yoga	Circuit Training					Yoga
9 Uhr					Cardio Training		
10 Uhr	Strength Workout	Strength Workout	Snow Shoe Hiking	Snow Shoe Hiking			
11 Uhr					Strength Workout		
12 Uhr							
13 Uhr	Snow Shoe Hiking			Circuit Training			
14 Uhr							
15 Uhr							
16 Uhr							
17 Uhr			Pilates				
18 Uhr							

Die Kurse finden statt, sobald die Mindestteilnehmerzahl erreicht ist. Bitte kontaktieren Sie für Anmeldungen die The Spa Rezeption.

## The Spa and Health Club Group Classes – Winter 2018 / 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am			Circuit Training	Strength Workout	Pilates		
8 am	Yoga	Circuit Training					Yoga
9 am					Cardio Training		
10 am	Strength Workout	Strength Workout	Snow Shoe Hiking	Snow Shoe Hiking			
11 am					Strength Workout		
12 am							
1 pm	Snow Shoe Hiking			Circuit Training			
2 pm							
3 pm							
4 pm							
5 pm			Pilates				
6 pm							

The courses take place as soon as the minimum number of participants has been reached. Please contact The Spa Reception for registrations.

## The Spa and Health Club Enseignement en groupe – hiver 2018 / 2019

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
7h00			Circuit Training	Strength Workout	Pilates		
8h00	Yoga	Circuit Training					Yoga
9h00					Cardio Training		
10h00	Strength Workout	Strength Workout	Snow Shoe Hiking	Snow Shoe Hiking			
11h00					Strength Workout		
12h00							
13h00	Snow Shoe Hiking			Circuit Training			
14h00							
15h00							
16h00							
17h00			Pilates				
18h00							

Les cours ont lieu dès que le nombre minimum de participants est atteint. Veuillez contacter la réception du The Spa pour les inscriptions.