

THE CHEDI

ANDERMATT, SWITZERLAND

FITNESS
CLASSES
WINTER
2022/23



SWISS DELUXE HOTELS



A STYLE TO REMEMBER



LEADING HOTELS

THECHEDIANDERMATT.COM

	08:00 09:30	10:00 10:45	11:15 12:00	13:30 15:00	15:15 16:15	16:30 17:00
MONDAY	Wake-Up Yoga	Party Spin	Pilates	Spine & Relax Yoga	After Ski Stretching	Muscle Recovery
TUESDAY	Ski Warm-Up	Party Spin	Pilates	Spine & Relax Yoga	After Ski Stretching	Muscle Recovery
WEDNESDAY	Book your personal Training					
THURSDAY	Book your personal Training					
FRIDAY	Wake-Up Yoga	Party Spin	Pilates	Spine & Relax Yoga	After Ski Stretching	Muscle Recovery
SATURDAY	Ski Warm-Up	Party Spin	Pilates	Spine & Relax Yoga	After Ski Stretching	Muscle Recovery
SUNDAY	Wake-Up Yoga	Party Spin	Pilates	Spine & Relax Yoga	After Ski Stretching	Muscle Recovery

Please sign up 1 day before at Spa Reception or call 7942

Limited room capacity and subject to availability. The Chedi Andermatt and its employees are released from any claim, legal or otherwise, from accidents, injuries or outcomes that may occur as a result of your participation in any such activities and programs.