

FITNESS CLASSES WINTER 2024 / 25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 - 09:00						WAKE-UP YOGA with Michaela	
16:00 - 17:00	SLOW FLOW YOGA with Luca	BOXING PUNCH & POWER with Luca		RECONNECTION YOGA with Michaela	DEEP TOUCH YOGA with Michaela		DEEP STRETCH YOGA with Luca
17:00 - 18:00			SLOW FLOW YOGA with Luca			BREATHWORK YOGA with Michaela	

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.

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SPA