

FITNESS CLASSES WINTER 2025 / 26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 - 08:45						HATHA WAKE-UP YOGA with Sandra	HATHA WAKE-UP YOGA with Sandra
16:00 - 17:00	YIN YOGA with Luca	BOXING PUNCH & POWER with Luca	MUAY THAI with Luca				
16:30 - 17:30				YIN YOGA with Sandra	YIN YOGA with Sandra	YIN YOGA with Sandra	

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.

THE
SPA