

# FITNESS CLASSES SUMMER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 10:00		PILATES with Diane		PILATES with Diane		HATHA WAKE-UP YOGA with Sandra	PILATES with Diane
16:30 - 17:30				YIN YOGA with Sandra	YIN YOGA with Sandra	YIN YOGA with Sandra	
17:30 - 18:30	STRECHTING & MOBILITY with Luca	STRECHTING & MOBILITY with Luca	STRECHTING & MOBILITY with Luca				

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