Grand Hotel Belvedere

Wellness Programme



MONDAY	
11:30 – 12:30	**Yin Yoga & Meditation**

TUESDAY	
11:30 – 12:30	**Hip Opening Yoga**

WEDNESDAY	
11:30 – 12:30	**Vinyasa Yoga Flow**
16:00 – 17:00	**Heart-Opening Yoga Flow**
17:15 – 18:00	**Relaxation Yoga**

THURSDAY	
09:30 – 10:15	**Mat Pilates**
11:30 – 13:30	**Psychosomatic Yoga**
17:15 – 18:00	**Hike Recovery Yoga**

FRIDAY	
09:00 – 10:00	**Yin Yoga**
15:00 – 16:00	**Vinyasa Yoga Flow**
16:15 – 17:00	**Hip Opening Yoga**

SATURDAY	
09:00 – 10:00	**Vinyasa Yoga Flow**
15:00 – 16:00	**Spinal Flow Yoga**
16:15 – 17:00	**Hatha & Yin Yoga Flow**

SUNDAY	
08:30 – 09:30	**Mountain Breath – Meditation & Yoga**
15:00 – 16:00	**Deep Stretch & Mobility**
16:15 – 17:00	**Yin Yoga & Meditation**

CLASS FEES	
Morning classes	**Afternoon classes**
Complimentary for hotel guests CHF 30 for external guests	CHF 30 per lesson for all guests

For any class registration, please reserve your spot at least 24 hours in advance, or by 17:00 the day before, at the spa reception.