



## Fitness & Wellness Activities

*Group Classes\**

**40CHF**

	09:00	17:00
<b>Monday</b>	Yoga	Aqua gym
<b>Tuesday</b>	Yoga	Suspension Training
<b>Wednesday</b>	Yoga	Yoga
<b>Thursday</b>	Tai-chi	Qi-gong
<b>Friday</b>	Aqua gym	Pilates
<b>Saturday</b>	Circuit	Suspension training
<b>Sunday</b>	Pilates	Circuit

**Day Spa:** 50% off on all group classes of the day

**Hotel guests:** 9am classes are complementary

**Spa members:** All classes complementary

\* Classes might change without prior notice, please make sure to confirm your reservation until 20pm the day before

**Six Senses Spa at The Alpina Gstaad**

[www.sixsenses.com](http://www.sixsenses.com)

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