

R1 SPORTSCLUB AROSA

WEEKLY PROGRAM FROM 20. TO 25. AUGUST 2019

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER YOGA 07.30 - 08.30	POWER YOGA 07.30 - 08.30	SMALL GROUP PT 07.30 - 08.30	HATHA YOGA 07.30 - 08.30		
		STRETCHING 09.00 - 10.00		QI GONG 09.30 - 10.30	STRETCHING 09.30 - 10.30
	SMALL GROUP PT 16.00 - 17.00	POWER YOGA 16.00 - 17.00			
	SAUNA INFUSION 17.30	SAUNA INFUSION 17.30	SAUNA INFUSION 17.30		
HATHA YOGA 18.00 - 19.00		QI GONG 18.00 - 19.00		SMALL GROUP PT 18.00 - 19.00	

SMALL GROUP PT / STRETCHING

ComeUnity Personal Training, maximum 6 participants

Free classes for hotel guests, for external guests CHF 30 per person

YOGA

ComeUnity Team Training, maximum 12 participants

Registration directly at the reception or
under +41 81 378 63 63, info@valsana.ch

VALSANA
Hotel & Appartements Arosa