

VALSANA SPORTCLUB

WEEKLY PROGRAM

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SKI YOGA FLOW 08.00 - 09.00	CORE YOGA FLOW 08.00 - 09.00	BREATH, MOVE, MEDITATE 08.00 - 09.00	SUNRISE FLOW 08.00 - 09.00	SUNDAY FLOW 08.00 - 09.00
	PILATES 10.00 - 11.00	ICE BATHING 09.00 - 11.00	TRX WORKOUT 10.00 - 11.00	SNOW SHOEING 09.00 - 11.00	PILATES 10.00 - 11.00
HIIT TRAINING 16.00 - 16.40	YIN YOGA 16.00 - 17.00	DEEP TISSUE RELEASE 16.00 - 17.00	PILATES RING 16.00 - 17.00	HIIT TRAINING 16.00 - 16.40	
	SAUNA INFUSION 17.30	SAUNA INFUSION 17.30	SAUNA INFUSION 17.30	SAUNA INFUSION 17.30	
BEATHWORK & DEEP MEDITATION 17.30 - 18.00	PROGRESSIVE MUSCLE RELAXATION 18.30 - 19.00	YOGA NIDRA 18.30 - 19.00	SLOW EVENING YOGA 18.30 - 19.30	CANDLELIGHT YOGA 18.30 - 19.30	

NUMBER OF PARTICIPANTS IS LIMITED TO 5 (incl. Trainer)

We ask for advance registration. Thank you for your understanding.

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

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

VALSANA
Hotel & Appartements Arosa