

# VALSANA SPORTCLUB

## WEEKLY PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STRETCH &amp; MOBILITY</b> 08.00 - 09.00		<b>FLOW YOGA</b> 08.00 - 09.00	<b>ENERGISING MORNING YOGA</b> 08.00 - 09.00	<b>FLOW YOGA</b> 08.00 - 09.00	<b>MOVING MOUNTAINS MORNING</b> 08.00 - 09.00	<b>GENTLE SUNDAY YOGA</b> 08.00 - 09.00
		<b>PILATES</b> 10.00 - 11.00	<b>MOVING MOUNTAINS TRAINING</b> 10.00 - 10.30	<b>PILATES</b> 10.00 - 11.00	<b>SNOW SHOE HIKING</b> 09.00 - 12.00	<b>TRX SKI WORKOUT</b> 10.00 - 11.00
	<b>MOVING MOUNTAIN</b> 16.00 - 16.30	<b>SAUNA INFUSION</b> 17.30	<b>TRX SKI WORKOUT</b> 16.00 - 17.00	<b>BLACK ROLL STRETCHING</b> 16.00 - 18.00	<b>SAUNA INFUSION</b> 17.30	<b>SAUNA INFUSION</b> 17.30
<b>SPINE FIT</b> 17.00 - 18.00	<b>YOGA NIDRA</b> 19.00 - 19.30	<b>DEEP RELEASE &amp; RESET YOGA</b> 18.30 - 19.30	<b>GENTLE YOGA</b> 18.30 - 19.30	<b>DEEP RELEASE AND RESET YOGA</b> 18.30 - 19.30	<b>YOGA NIDRA MEDITATION</b> 18.30 - 19.00	

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](mailto:info@valsana.ch)

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