

# VALSANA SPORTCLUB

## WEEKLY PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<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>BLACK ROLL STRETCHING</b> 16.00 Uhr	<b>TRX SKI WORKOUT</b> 16.00 – 17.00	<b>BLACK ROLL STRETCHING</b> 16.00 – 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.

## PROTECT YOURSELF

Registration directly at the reception or  
under +41 81 378 63 63, [info@valsana.ch](mailto:info@valsana.ch)

# VALSANA