



Fitness & Wellness Activities

*Morning Group Classes**

*Afternoon Group Classes**

Monday	Qi Gong Slow energy breathing exercise	Hatha Yoga
Tuesday	Pilates Core strength	Legs, Bums & Tums
Wednesday	Full Body Toning Strength, Cardio & Core	Healthy Back Spine strength & Tension release
Thursday	Yin Yoga	Core & Cardio
Friday	HIIT High Intensity Interval Training	Stretching
Saturday	Body Balance Six Senses Signature Class	Vinyasa Yoga Slow rhythm yoga
Sunday	Tai Chi	Yoga Nidra

	Mon – Fri	Sat - Sun
Morning Classes	9 – 9.45am	10 – 10.45am
Afternoon Classes	3.30 – 4.15pm	

COMPLIMENTARY

Hotel Guest	9am classes
Spa Members	all classes

* Classes might change without prior notice, please make sure to confirm your reservation until 8pm the day before. Except the complimentary options, each class costs CHF 50.

Six Senses Spa at The Alpina Gstaad

www.sixsenses.com

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