

Our sport activities in winter

Weekly plan

All our activities in the weekly plan are very popular and have a limited number of participants, which is why we recommend an early registration.

For more information and bookings, contact our concierge.

Our sauna infusions in the Bergoase

Daily at 17.00 & 18.00 o'clock

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
08:30	Moving Mountains Aqua 30 minutes			Moving Mountains Aqua 30 minutes	Moving Mountains Aqua 30 minutes	Moving Mountains Aqua 30 minutes	Moving Mountains Aqua 30 minutes
9:30	Pilates 30 minutes	Stretch & Relax 60 minutes	Yoga 45 minutes	Stretch & Relax 60 minutes	Pilates 30 minutes	Stretch & Relax 60 minutes	Yoga 45 minutes
17:15				Moving Mountains Workout 30 minutes		Moving Mountains Workout 30 minutes	Moving Mountains Workout 30 minutes
18:00	Yoga 45 minutes				Yoga 45 minutes		Yoga 45 minutes



TSCHUGGEN GRAND HOTEL

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