

GROUP COURSES

AT THE CINO MONDES SPA



Every day our coaches welcome you to live this new sporting experience:

MONDAY

BODYSHAPE - 10.15am
YOGA YIN - 6.30pm

TUESDAY

BODY & MIND - 10.15am
CORE TRAINING - 7.15pm

WEDNESDAY

YOGA VINYASA - 8.30am
BODYSHAPE - 10.15am
CORE TRAINING - 7.15pm

THURSDAY

BODY & MIND - 10.15am
CORE TRAINING - 7.15pm

FRIDAY

BODYSHAPE - 10.15am

SATURDAY

YOGA ASHTANGA -
8.30am
BODYSHAPE - 10.15am

SUNDAY

BODY & MIND - 10.15am

All group lessons last 1 hour - Free for resident clients

Reservation T + 21 613 33 67

www.brp.ch

