



spa
evian
source

COURS COLLECTIFS SPORT

(sous réserve de modifications)

Because of Covid-19 a maximum of 5 people for indoor classes **(Please enroll at the Spa)**

Monday	10h00 (10:00am) Evian Stability Training - 45 minutes	
Tuesday	10h00 (10:00am) strenght training - 45 minutes	
Wednesday	10h00 (10:00am) Jambes / Abdo / Fessier - 45 minutes	
Thursday	10h00 (10:00am) Pilates - 45 minutes	
Friday	10h00 (10:00am) Stretch - Yoga - 45 minutes	
Saturday	10h00 (10:00am) Evian Stability training - 45 minutes	
Sunday	10h00 (10:00am) Body Sculpt Elastique - 45 minutes	

Please bring sportswear and training shoes for the gym.

Please wait until the end of the class before using the equipment. Thank you.

The hotel management reserves the right to cancel or modify this program without prior notice.