



GRAND HOTEL KRONENHOF
PONTRESINA



kronenhof spa

fitness programm

Die Fitnesskurse finden ausschliesslich bei Vorreservierung statt.

The group lessons will take place with reservation only.

	8.00 - 8.30 h	9.00 - 10.00 h	19.00 - 20.00 h
Freitag <i>Friday</i> 07.12.	Aqua Fit Pool	Pilates	
Samstag <i>Saturday</i> 08.12.	Aqua Step Pool		Yin Yoga
Sonntag <i>Sunday</i> 09.12.	Aqua Fit Pool	Meditation 9.00 - 9.30	
Montag <i>Monday</i> 10.12.			Power Yoga
Dienstag <i>Tuesday</i> 11.12.		Power Circuit	
Mittwoch <i>Wednesday</i> 12.12.	Aqua Step Pool		
Donnerstag <i>Thursday</i> 13.12.	Aqua Fit Pool	TRX Workout 9.00 - 9.30	Functional Training
Freitag <i>Friday</i> 14.12.	Aqua Step Pool		Faszien Pilates