

Move. Relax. Flow.

FITNESS & YOGA

03.November - 09.November 2025

Donnerstag 06. November

08:30 Flow Yoga
09:30 HIIT
10:00 Vinyasa Yoga
14:00 Pilates
14:30 Hatha Yoga
17:00 Booty Burner
17:30 Yin Yoga

Freitag, 07. November

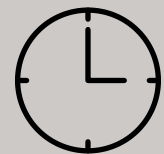
08:30 Ashtanga Yoga
09:30 Pilates
10:00 Hatha Yoga
14:00 Core Crusher
14:30 Flow Yoga
17:00 HIIT
17:30 Vinyasa Yoga

Samstag, 08. November

08:30 Yin Yoga
09:30 Booty Burner
10:00 Ashtanga Yoga
14:00 Upper Fire
14:30 Vinyasa Yoga
17:00 Pilates
17:30 Hatha Yoga

Sonntag, 09. November

08:30 Hatha Yoga
09:30 Upper Fire
10:00 Flow Yoga
14:00 Kickboxing
14:30 Yin Yoga
17:00 Core Crusher
17:30 Ashtanga Yoga

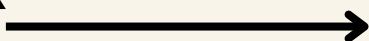


Yoga & Fitness Classes

Fitnessraum (2.OG)

Anmeldung an der **Rezeption** oder in der Gäste App. **Keine** Mindestanzahl an Teilnehmern notwendig! Die Classes dauern **30 Minuten** und sind im Preis **INKLUSIVE!**

BOOK NOW



BOUTIQUE SPA COBURG

+43(0)3687 21707

info@chaletscoburg.at

Coburgstrasse 833, 8970 Schladming

Massagen und Treatments

Boutique Spa Coburg (2.OG) Anmeldung an der **Rezeption** oder in der Gäste App nach Verfügbarkeit. Preise und Details finden Sie in unserer Spa-Broschüre!



Move. Relax. Flow.

FITNESS & YOGA

3rd November - 9th November

Thursday, 6th november

08:30 Flow Yoga
09:30 HIIT
10:00 Vinyasa Yoga
14:00 Pilates
14:30 Hatha Yoga
17:00 Booty Burner
17:30 Yin Yoga

Friday, 7th november

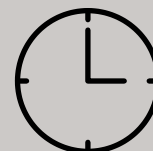
08:30 Ashtanga Yoga
09:30 Pilates
10:00 Hatha Yoga
14:00 Core Crusher
14:30 Flow Yoga
17:00 HIIT
17:30 Vinyasa Yoga

Saturday, 8th November

08:30 Yin Yoga
09:30 Booty Burner
10:00 Ashtanga Yoga
14:00 Upper Fire
14:30 Vinyasa Yoga
17:00 Pilates
17:30 Hatha Yoga

Sunday, 9th November

08:30 Hatha Yoga
09:30 Upper Fire
10:00 Flow Yoga
14:00 Kickboxing
14:30 Yin Yoga
17:00 Core Crusher
17:30 Ashtanga Yoga



Yoga Kurs und Fitness Classes

Fitness room (2nd floor).

Registration at **reception** or at **our guest app**. **No minimum** number of participants is required!

The classes last all **30 minutes** are **included** in the price!

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Massagen und Treatments

Boutique Spa Coburg (2nd floor) Registration at the reception or at our guest app, subject to availability. Prices and details can be found in our spa brochure!