

Move. Relax. Flow.

# FITNESS & YOGA

16th june - 23rd june 2025

## Monday, 16th june 2025

07:30 Flow Yoga   
14:00 HIIT   
16:00 Yin Yoga 

## Tuesday, 17th june 2025

07:30 Hatha Yoga   
14:00 Pilates   
16:00 Ashtanga Yoga 

## Thursday, 19th june 2025

07:30 Vinyasa Yoga   
10:30 Upper Fire   
14:00 Kickboxen   
16:00 Hatha Yoga 

## Friday, 20th june 2025

07:30 Yin Yoga   
10:30 HIIT   
14:00 Pilates   
16:00 Kids Dance Class 

## Saturday, 21st june 2025

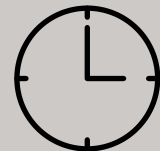
07:30 Flow Yoga   
10:30 Core Crusher   
14:00 Booty Burner   
16:00 Yin Yoga 

## SLOTS

### MASSAGES/TREATMENTS

#### Daily

9.30 Uhr  
11.30 Uhr  
13.00 Uhr  
15.00 Uhr



## Yoga Kurs und Fitness Classes



At the on-site **yoga space** (4th floor) and, in rainy weather, in the **fitness room** (2nd floor).



Registration at **reception** or at **Gastfreund**. **No minimum** number of participants is required!

# BOOK NOW



## Massagen und Treatments



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

# BOUTIQUE SPA COBURG



+43(0)3687 21707

info@chaletscoburg.at

Coburgstrasse 833, 8970 Schladming