

Move. Relax. Flow.

FITNESS & YOGA

14. Juli-20. Juli

Lassen Sie Ihre Yogaeinheit mit einem erfrischenden Getränk ausklingen und füllen Sie Ihre Energiespeicher wieder auf

- Morning Energy Smoothie
- Sunrise Mimosa Boost
- Evening Wind Down and Wine

Dienstag, 15. Juli 2025

07:00 Flow Yoga 
17:00 Core Crusher 
17:30 Ashtanga Yoga 

Mittwoch, 16. Juli 2025

07:00 Vinyasa Yoga 
17:00 Booty Burner 
17:30 Yin Yoga 

Donnerstag, 17. Juli 2025

07:00 Ashtanga Yoga 
17:00 Pilates 
17:30 Hatha Yoga 

Freitag, 18. Juli 2025

07:00 Yin Yoga 
17:00 Kids Dance 
17:30 Flow Yoga 

Samstag, 19. Juli 2025

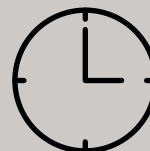
07:00 Hatha Yoga 
17:00 HIIT 
17:30 Vinyasa Yoga 

TERMINE

MASSAGEN/TREATMENTS

Täglich

9.30
11.00
15.00
16.00



Yoga & Fitness Classes



Am hauseigenen **Yogaplatz** (4.OG) und bei Regenwetter im **Fitnessraum** (2.OG)



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

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!

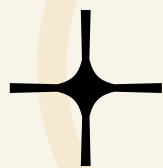
BOUTIQUE SPA COBURG



+43(0)3687 21707

info@chaletscoburg.at

Coburgstrasse 833, 8970 Schladming



Move. Relax. Flow.

FITNESS & YOGA

14th july - 20th july

Restore your Energy with
with a refreshing
beverage after every yoga
class.

- Morning Energy Smoothie
- Sunrise Mimosa Boost
- Evening Wind Down and Wine

Tuesday, 15th july 2025

07:00 Flow Yoga 
17:00 Core Crusher 
17:30 Ashtanga Yoga 

Wednesday, 16th July 2025

07:00 Vinyasa Yoga 
17:00 Booty Burner 
17:30 Yin Yoga 

Thursday, 17th july 2025

07:00 Ashtanga Yoga 
17:00 Pilates 
17:30 Hatha Yoga 

Friday, 18th july 2025

07:00 Yin Yoga 
17:00 Kids Dance 
17:30 Flow Yoga 

Saturday, 19th july 2025

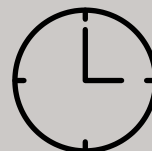
07:00 Hatha Yoga 
17:00 HIIT 
17:30 Vinyasa Yoga 

SLOTS

MASSAGES/TREATMENTS

Daily

9.30
11.00
15.00
16.00



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!

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

BOOK NOW



Massagen und Treatments



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

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