

# OUR GROUP CLASSES

| MONDAY                                   | TUESDAY                                      | WEDNESDAY                                | THURSDAY                             | FRIDAY                                     |
|------------------------------------------|----------------------------------------------|------------------------------------------|--------------------------------------|--------------------------------------------|
|                                          |                                              |                                          |                                      |                                            |
| <b>11H15 - 12H00</b><br>Aquagym<br>Stijn |                                              | <b>11H15 - 12H00</b><br>Aquagym<br>Sadio |                                      | <b>11H15 - 12H00</b><br>Aquagym<br>Patrick |
|                                          |                                              |                                          | <b>12H00 - 12H30</b><br>Abs<br>Sadio |                                            |
|                                          |                                              |                                          |                                      |                                            |
| <b>17H30 - 18H30</b><br>Yoga<br>Inga     | <b>17H15 - 18H00</b><br>Body Sculpt<br>Stijn |                                          |                                      |                                            |
|                                          | <b>18H00-19H00</b><br>Yoga<br>Inga           | <b>18H30-19H30</b><br>Pilates<br>Cindy   |                                      |                                            |

LAUSANNE PALACE

LE CLUB

For more information, please feel free to contact the spa reception desk (+41 21 331 31 61 | [spa@lausanne-palace.ch](mailto:spa@lausanne-palace.ch))