

ACTIVITIES TIMETABLE

| WED | THU | FRI | SAT | SUN | MON | TUE |
|--|--|---|--|---|--|---|
| 08.00-08.30 MORNING CARDIO Gym | 08.00-08.30 STRETCHING Yoga Room | 08.00-08.30 BODY WAKE-UP Gym | 08.00-08.30 STRETCHING Yoga Room | 08.00-08.30 MORNING CARDIO Gym | 08.00-08.30 BODY WAKE-UP Gym | 08.00-08.30 STRETCHING Yoga Room |
| 16.00 -17.00 YOGA Yoga Room | 16.00 – 16.45 AQUAGYM Pool | 16.00– 16.30 STRETCHING Yoga Room | 16.00 – 16.45 AQUAGYM Pool | 16.00– 16.30 STRETCHING Yoga Room | 16.00– 16.30 STRETCHING Yoga Room | 16.00– 16.45 AQUAGYM Pool |
| 16:00-17:30 COOKING CLASS* Restaurant | 17:00-18:00 LECTURE Conference Room | | | | 18:45 MEET & GREET APERRO Hotel Foyer | 17:00-18:00 LECTURE/ WORKSHOP Conference Room |

Advanced registration at Spa Reception is required for all activities. All group fitness classes have space for up to 5 people, with the exception of Aquagym which has space for 8 people.

*150,00 CHF per person

At Chenot, we value education and nurturing wellness. Therefore, we are delighted to share our knowledge with our guests on their wellness journey. In the upcoming week we are pleased to provide the below lectures:

INTERMITTENT FASTING-PANACEA OR JUST ANOTHER TOOL IN THE ARSENAL?

THU, 10.11: 17:00-18:00

Join this interactive lecture to learn about one of the most popular current dietetic approaches, Intermittent Fasting, and its effects on health, weight, and wellness, in comparison with other nutritional strategies.

EMOTIONAL VIBRANT HEALTH

TUE, 15.11: 17:00-18:00

Would you like to discover how to live with less stress and cleanse toxic emotional energy?

During this unique workshop, you will learn about emotional vibrant health: How emotional energy in the nervous system can become toxic, affecting your mood and your health; What a feeling is, where it stems from, and what the purpose is; How the energy flows in your nervous system, and how to consciously recognise an emotion.

You will also experience bioenergetic exercises, so a fitness outfit is required.