



CHENOT

PALACE

ACTIVITIES TIMETABLE

Sun 04.08	Mon 05.08	Tue 06.08	Wed 07.08	Thu 08.08	Fri 09.08	Sat 10.08
09:00-09:30	09:00-12:00	08:00-08:50	09:00-12:00	08:00-08:50	09:00-12:00	08:00-08:30
Group Activity - Stretching	Group Activity - Hiking	Group Activity - Yoga	Group Activity - Hiking	Group Activity - Yoga	Group Activity - Hiking	Group Activity - Mobility
Beach or Yoga Studio	Main Reception	Beach or Yoga Studio	Main Reception	Beach or Yoga Studio	Main Reception	Beach or Yoga Studio
16:00-16:30	16:00-16:30	16:00-16:30	16:00-17:30	16:00-16:30	16:00-16:30	16:00-16:30
Group Activity - Mobility	Group Activity - Mobility	Group Activity - Stretching	Cooking Class: 150CHF per person*	Group Activity - Stretching	Group Activity - Mobility	Group Activity - Stretching
Beach or Yoga Studio	Beach or Yoga Studio	Beach or Yoga Studio	Kitchen Area	Beach or Yoga Studio	Beach or Yoga Studio	Beach or Yoga Studio
	18:45-19:45					
	Meet & Greet Apero					
	Library or Restaurant Garden					

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: