SUVRETTA Spa

Group Courses Summer

Registration at the Spa Reception

Monday	08.00 - 09.00 am	Power & Stretch
	05.00 - 06.00 pm	Stretch & Relax / Mobility Flow
Tuesday	08.00 - 09.00 am	Morning Flow
	05.00 - 06.00 pm	[1]Reformer Class "THE BEAT x SUVRETTA SPA"
	06.30 – 07.30 pm	Sound Healing "THE BEAT x SUVRETTA SPA"
Wednesday	08.00 - 09.00 am	Power & Stretch
	05.00 - 06.00 pm	Core & Back training
Thursday	08.00 - 09.00 am	Yoga
	05.00 - 06.00 pm	[1]Reformer Class "THE BEAT x SUVRETTA SPA"
Friday	08.00 - 09.00 am	Full body work out
	05.00 - 06.00 pm	Yin Yoga
Saturday	08.00 - 09.00 am	Morning Flow
	05.00 - 06.00 pm	[1]Reformer Class "THE BEAT x SUVRETTA SPA"
Sunday	08.00 - 09.00 am	Yoga
	05.00 - 06.00 pm	Fascia Training

THE BEAT X SUVRETTA SPA	50 min	CHF 300 (1 person)
Private Pilates Reformer Class	50 min	CHF 360 (2 persons)
Personal Training	60 min	CHF 170 (1 person)
	60 min	CHF 230 (2 persons)

THE BEAT
ST. MORITZ - PORTO CERVO

[1] CHF 100 per person; maximum 4 participants; registration required 24 hours in advance due to high demand

Guide to Fitness & Mental Strength

Power & Stretch	30 minutes of strength training + 15 minutes of stretching
Stretch & Relax / Mobility Flow	Improve your joint mobility, body awareness, and posture through flowing, functional movements – for more lightness and stability in daily life.
Fascia Training	A functional training, that aims to improve the mobility, flexibility and range of motion.
Reformer Classes THE BEAT X SUVRETTA SPA	Slow Resistance Training incorporating elements of classical Pilates and strength training on state-of-the-art customized reformers.
Yoga	For flexibility, strength, and mental balance.
Yin Yoga	A slow, passive yoga style with long-held poses. Enhances deep flexibility, regeneration and relaxation.
Core & Back Training	Target exercises to strengthen the core & back muscles. Supports proper posture & prevent back pain.
Morning Flow	A dynamic sequence of traditional sun salutation activating the entire body. Boosts energy & flexibility.
Full Body Workout	Improves strength, endurance and coordination. Energizing and suitable for all fitness levels.
Sound Healing	A holistic experience that uses targeted sounds and vibrations to harmonize body, mind, and soul.