



VILLARS PALACE
1913

FITNESS SCHEDULE

04 - 05 APRIL 2026

LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
					11:30 - 12:15 BODY BALANCE	11:30 - 12:15 BODY BALANCE
					13:00 - 13:45 ABDOS STRETCHING	13:00 - 13:45 ABDOS STRETCHING

INSCRIPTION OBLIGATOIRE 24H À L'AVANCE
RESERVATION REQUIRED 24 HOURS IN ADVANCE
+41 (0)24 496 22 23 / wellness@var.ch

FITNESS SCHEDULE

06 - 12 APRIL 2026

LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
11:00 - 11:45 ABDOS STRETCHING		11:00 - 11:45 ABDOS STRETCHING				11:30 - 12:15 BODY BALANCE
	16:00 - 16:45 BODY BALANCE			13:15 - 14:00 BODY BALANCE		

INSCRIPTION OBLIGATOIRE 24H À L'AVANCE
RESERVATION REQUIRED 24 HOURS IN ADVANCE
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FITNESS SCHEDULE

13 - 19 APRIL 2026

LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
11:00 - 11:45 ABDOS STRETCHING	11:00 - 11:45 ABDOS STRETCHING	11:00 - 11:45 ABDOS STRETCHING		11:15 - 12:00 BODY BALANCE		
			16:00 - 16h45 BODY BALANCE			

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