

REFORMER PILATES EXPERIMENTAL CHALET



Private Session

Indulge in a bespoke one-to-one experience, carefully crafted to your needs—whether you're easing into gentle movement, seeking an energising workout, or recovering with intention.

Your journey, designed entirely around you.

1 HOUR PRIVATE SESSION

SINGLE OR DUO (2 PERSONS)
PRICE PER SESSION

CHF 140



Privatised Room

An intimate studio space catered for your group, guided by experienced and internationally recognised trainers. Each session is crafted to your needs, designed to leave you feeling balanced, at ease, and at home in your body.

Reformer Pilates on your terms.

1 HOUR PRIVATISED ROOM

3 - 8 PERSON CAPACITY
PRICE PER SESSION

CHF 220



Group Class

Small group Reformer Class (max 8 participants).

We offer 2 levels of classes as well as a stretch & mobility class.

Expect full-body strength, rhythm, and precision. Whether you're new to the carriage or an experienced mover, every class offers layers so you can level it up or dial it down. One thing's certain: you'll leave feeling accomplished, stronger, and with a spring in your step.

50 MINUTE GROUP CLASS
PRICE

CHF 47



10 Class Pack

A 10 pack to our signature group classes. Valid to use over 3 months.

This is Alpine Pilates with soul.

50 MINUTE GROUP CLASS X10
PRICE

CHF 420