

May

move. relx. flow



Saturday

8:00

Yin Yoga

16:00

Core Crusher

16:30

Vinyasa Yoga

Friday

8:00

Flow Yoga

16:00

Pilates

16:30

Ashtanga Yoga

Wednesday

8:00

Vinyasa Yoga

16:00

Booty Burner

16:30

Flow Yoga

Thursday

8:00

Ashtanga Yoga

16:00

Dance workout

(Regen)

or Aqua Fitness

(Sonne)

16:30

Hatha Yoga

Tuesday

8:00

Hatha Yoga

16:00

HIIT

16:30

Yin Yoga



**Personal
training**
on request



Superfood breakfast box

Proteins

Vegetarian, vegan,
Experimental

Available to book
for your apartment
via the guest app
SAM



Yoga Retreats

spring & autumn



Meeting point

Boutique Aparthotel
Chalets Coburg
Coburgstrasse 833
8970 Schladming
Gym or
outdoor yoga area!

Massage times

Tuesday to Saturday,
available at: 11:00 AM, 2:00 PM, 3:00 PM, and 5:00 PM

Who? Kristina, our trained health coach
and masseuse, will tailor each treatment
individually to your needs.

Book now anytime conveniently via
our **guest app SAM** or at the **Service office**

Massages

30%
OFF

Note!

All yoga and fitness classes are
**included in the price and take
place at the Chalets Coburg!**
Registration via the guest app SAM
or at the Service office!

