



## Fitness Classes

### **PILATES**

*Every Tuesday and Friday at 09:15 and every Monday at 18:00*

Through fluid movements and controlled respiration,  
Pilates strengthens and tones the postural muscles responsible for balance.

### **ODAKA Yoga**

Every Wednesday at 19:00

Original and Innovative Vision of Yoga

Inspired by the intrinsic rhythm and dynamic movement of the ocean and readapted for  
the human body.

### **HIIT Dance**

Every Monday at 9:15

Intense cardiovascular exercises  
alternating with simple aerobic movements and dance to burn calories

### **Memberships**

10 lessons of your choice CHF 270.-

10 lessons of your choice with same day Spa entrance CHF 350.-

Single enter CHF 35.-

**Reservations:** [spa@theviewlugano.ch](mailto:spa@theviewlugano.ch) or +41 91 210 00 00

**THE VIEW Lugano...a world of its own!**