



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 or +41 91 210 00 00

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