



ACTIVITY & NATURE

PERFORMANCE

	MIN	CHF
PERFORMANCE CHECK UP		ON REQUEST
– SMART	60	175
– INDIVIDUAL	90	255
– PREMIUM	150	510
total time required without transport		
SKILL COURT TRAINING including instruction	30	45
FITNESS / ATHLETIKTRAINING	60 / 90	ON REQUEST 185 / 240
PERSONALTRAINING including initial consultation also Yoga or Pilates available	60	170
PERFORMANCE COACHING including the creation of a personalized training program	40	160

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CLASSES

We will be happy to inform you about our daily changing course program at the spa reception.

SELECTION

Yoga, Pilates, Full body Workout, HIIT, Simply Core, Stretch & Flex Flow, Aquagym

Included for our Huus Quell guests.

OUTDOOR EXPERIENCES

We will be happy to advise you at our spa reception about the desired offer. This can be booked both individually and for groups.

Rental equipment such as e-bikes, snowshoes, Nordic walking poles, and hiking poles is also available to you.

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SPA MENU