

An aerial photograph of a snowy mountain range. In the foreground, a village with many small houses and a winding road is visible. The middle ground shows a dense forest of evergreen trees. In the background, several large, snow-covered mountain peaks rise against a clear blue sky. The overall scene is a winter landscape.

SOL STUDIO AT  
FOUR SEASONS HOTEL MEGÈVE  
CLASS SCHEDULE

FEBRUARY 15 - MARCH 9





X



# WEEK 1

	7.30AM	9AM	11AM	4.30PM	6PM
SAT 15.02	Sol Yoga: Sunrise Flow	Sol Yoga: Vinyasa	Sol Yoga: Vinyasa	Sol Pilates: Mat	Sol Pilates: Mat
SUN 16.02	Sol Pilates: Mat	Sol Pilates: Mat	Sol Pilates: Mat	Sol Yoga: Vinyasa	Sol Yoga: Vinyasa
MON 17.02	Sol Yoga: Sunrise Flow	Sol Yoga: Deep Flow	Sol Yoga: Deep Flow	Sol Pilates: Mat	Sol Pilates: Mat
TUE 18.02	Sol Pilates: Mat	Sol Pilates: Mat	Sol Pilates: Mat	Sol Yoga: Ashtanga	Sol Yoga: Yin
WED 19.02	Sol Yoga: Sunrise Flow	Sol Yoga: Vinyasa	Sol Yoga: Vinyasa	Sol Pilates: Mat	Sol Pilates: Mat
THU 20.02	Sol Pilates: Mat	Sol Pilates: Mat	Sol Pilates: Mat	Sol Yoga: Vinyasa	Sol Yoga: Vinyasa
FRI 21.02	Sol Yoga: Sunrise Flow	Sol Yoga: Deep Flow	Sol Yoga: Deep Flow	Sol Pilates: Mat	Sol Pilates: Mat

BOOK YOUR SPOT VIA  
SPA.MEGEVE@FOURSEASONS.COM  
+33 4 50 21 12 11



X



# WEEK 2

	7.30AM	9AM	11AM	4.30PM	6PM
SAT 22.02	Sol Pilates: Mat	Sol Pilates: Mat	Sol Pilates: Mat	Sol Yoga: Ashtanga	Sol Yoga: Yin
SUN 23.02	Sol Yoga: Sunrise Flow	Sol Yoga: Vinyasa	Sol Yoga: Vinyasa	Sol Pilates: Mat	Sol Pilates: Mat
MON 24.02	Sol Pilates: Mat	Sol Pilates: Mat	Sol Pilates: Mat	Sol Yoga: Ashtanga	Sol Yoga: Yin
TUE 25.02	Sol Yoga: Sunrise Flow	Sol Yoga: Deep Flow	Sol Yoga: Deep Flow	Sol Pilates: Mat	Sol Pilates: Mat
WED 26.02	Sol Pilates: Mat	Sol Pilates: Mat	Sol Pilates: Mat	Sol Yoga: Vinyasa	Sol Yoga: Vinyasa
THU 27.02	Sol Yoga: Sunrise Flow	Sol Yoga: Vinyasa	Sol Yoga: Vinyasa	Sol Pilates: Mat	Sol Pilates: Mat
FRI 28.02	Sol Pilates: Mat	Sol Pilates: Mat	Sol Pilates: Mat	Sol Yoga: Ashtanga	Sol Yoga: Yin

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# WEEK 3

	7.30AM	9AM	11AM	4.30PM	6PM
SAT 01.03	Sol Yoga: Sunrise Flow	Sol Yoga: Deep Flow	Sol Yoga: Deep Flow	Sol Pilates: Mat	Sol Pilates: Mat
SUN 02.03	Sol Pilates: Mat	Sol Pilates: Mat	Sol Pilates: Mat	Sol Yoga: Ashtanga	Sol Yoga: Yin
MON 03.03	Sol Yoga: Sunrise Flow	Sol Yoga: Deep Flow	Sol Yoga: Deep Flow	Sol Pilates: Mat	Sol Pilates: Mat
TUE 04.03	Sol Pilates: Mat	Sol Pilates: Mat	Sol Pilates: Mat	Sol Yoga: Ashtanga	Sol Yoga: Yin
WED 05.03	Sol Yoga: Sunrise Flow	Sol Yoga: Vinyasa	Sol Yoga: Vinyasa	Sol Pilates: Mat	Sol Pilates: Mat
THU 06.03	Sol Pilates: Mat	Sol Pilates: Mat	Sol Pilates: Mat	Sol Yoga: Vinyasa	Sol Yoga: Vinyasa
FRI 07.03	Sol Yoga: Sunrise Flow	Sol Yoga: Deep Flow	Sol Yoga: Deep Flow	Sol Pilates: Mat	Sol Pilates: Mat
SAT 08.03	Sol Pilates: Mat	Sol Pilates: Mat	Sol Pilates: Mat	Sol Yoga: Ashtanga	Sol Yoga: Yin
SUN 09.03	Sol Yoga: Sunrise Flow	Sol Pilates: Mat	Sol Pilates: Mat		

## PRICING MENU

### Sol Yoga (60min)

Discovery (trial): 30 EUR

Drop-in: 45 EUR

Pack 5: 200 EUR

Pack 10: 350 EUR

### Sol Pilates Mat (50min)

Discovery (trial): 40 EUR

Drop-in: 50 EUR

Pack 5: 225 EUR

Pack 10: 400 EUR

### Mixed Pack

2 Yoga + 2 Pilates + 1 of Choice: 210 EUR

### Private session

175 EUR (40EUR for each additional person. Up to 4 people)

## RESERVATION & CANCELLATION POLICY

A 12-hour cancellation policy applies.

Group classes must be booked at least 2 hours before the class start time.

The session will be canceled if no one registers at least 2 hours before the start time.

Private sessions must be booked at least 12 hours in advance.