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Wellbeing Schedule

Bookings & questions email us at wellness@hotelj.com

Fridays

16:30-17:30

Vinyasa Flow
(Dynamic)

18:00-19:00

Breathwork/ Mindfulness Session
(Recovery)

21:00-22:00

Good Night Sauna Session

Saturdays

09:00-10:00

Good Morning Sauna Session

10:00-11:00

Vinyasa Flow
(Dynamic)

11:30-13:00

Yin Yoga
(Recovery)

21:00-22:00

Good Night Sauna Session

Sundays

09:00-10:00

Good Morning Sauna Session

10:00-11:00

Vinyasa Flow
(Dynamic)

11:30-13:00

Yin Yoga
(Recovery)

Panorama sauna is available for private bookings with or without a sauna master.

To enhance your experience book one of our bespoke treatments available daily.

Personal training sessions including pilates reformer training available by appointment only.

