

# Summer Schedule 2026

Bookings & questions email us at [wellness@hotelj.com](mailto:wellness@hotelj.com)

## June Weekends

June 5-7, 12-14 & 19-21

### Friday

16:30-17:30 Dynamic Class  
21:00-22:00 Good Night Sauna

### Saturday

09:00-10:00 Good Morning Sauna  
10:00-11:00 Dynamic Class  
11:30-13:00 Recovery Class  
21:00-22:00 Good Night Sauna

### Sunday

09:00-10:00 Good Morning Sauna  
10:00-11:00 Dynamic Class  
11:30-13:00 Recovery Class

## Daily Program

June 22 - August 16

### Morning

08:00-09:00 Good Morning Sauna  
10:00-11:00 Dynamic Class  
11:30-13:00 Recovery Class

### Afternoon

15:00-16:00 Dynamic Class

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.

