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Summer Schedule 2026

Bookings & questions email us at wellness@hotelj.com

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

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.

