

FUEL

DETOX.RETOX.REPEAT

Hit escape and join W Verbier for a weekend of high energy from dawn to dusk.
This is not your typical wellness retreat. You don't want to miss out.



FRIDAY, SEPTEMBER 2

Check-In

4PM - 5PM

Obstacle Course Run with Urban Gorillas

5PM - 6PM

Vinyasa Yoga with Milly Harrison at La Plage

7:30PM

Tapas & Drinks at La Terrasse Sunset Lounge

Motivation Speech by Géraldine Fasnacht

8:30PM

Dinner at W Kitchen



SATURDAY, SEPTEMBER 3

Breakfast

9AM - 12AM

E-Bike Adventure in the mountain

Free time for lunch

1PM

Departure by cable car

1.30PM - 2.30PM

HIIT Workout in the mountain with Dougie Flokhardt

3PM - 4PM

Hatha Yoga in the mountain with Emilien Badoux

7PM

Sunset drinks at La Plage

8PM

Dinner at W Living Room

After Dinner DJ set at W Living Room



SUNDAY, SEPTEMBER 4

Breakfast

8AM - 9AM

Fitboxing with Urban Gorillas at La Plage

9:30AM - 10:30AM Yin Yoga with Milly Harrison

Check-Out



**Itinerary subject to favorable weather conditions.*

For more information, contact us:
reservations.wverbier@whotels.com