

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, AUGUST 23

Check-In

4:00PM Verbier discovery fitness itinerary with Urban Gorillas

6:00PM – 7:00PM Pilates Session with Sandra Brandstetter

7:30PM Welcome Cocktail

8:30PM Dinner at W Kitchen



SATURDAY, AUGUST 24

Breakfast

9:00AM – 12:00PM eBike Adventure with Alex

2:00PM – 3:30PM HIIT Workout with Faisal Abdalla

4:30PM – 5:30PM Hata Yoga with Emilien Badoux

7:00PM Sunset drinks at La Plage

8:00PM Dinner at W Living Room

After Dinner DJ set at W Living Room



SUNDAY, AUGUST 25

Breakfast

9:00AM – 10:00AM Obstacle Course Run with Urban Gorillas

10:30AM – 11:30AM Yoga + Stretching with Sandra

Check Out



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