



THE FUEL TEAM

Our world class trainers will kick your routine into high gear, and our DJ will provide the beats and bass day to night.

URBAN GORILLAS

Using Barcelona as its stage for fitness boot camps Urban Gorillas uses the surroundings as equipment. They are all about being social, having fun but also pushing your boundaries. You can train with Urban Gorillas during your next stay at W Barcelona.

DOUGIE FLOKHART

Propel your fitness with our in-house trainer and biomechanics coach. Dougie uses the same scientific, results based training philosophy he used in professional sport. His HITT session includes exercises that are challenging but fun, involving a range of different movements and training protocols.

EMILIEN BADOUX

Emilien is native from Switzerland and has been skiing since he was a kid – He participated in the Freeride World Tour and won the X-Treme Verbier in 2014. He practices yoga and meditation to manage both physical and mental pressure during competitions. His knowledge of yoga comes from 16 years of self-practice and teacher trainings in Mysore, India.

GÉRALDINE FASNACHT

Géraldine Fasnacht is a world known freeride snowboarder, base jumper and wingsuit pilot. She gets inspired by the mountains and explores the most remote places on earth. She keeps pushing the level of her passions higher while balancing the risks. She loves sharing her adventures and story through her conferences.

MILLY HARRISON

Milly has completed trainings in different Yoga styles, including Vinyasa, Ashtanga and Yin, and really loves to share her passion for yoga, and the amazing benefits that it can have, both physically and mentally. Her teaching is creative and uplifting. Her classes will help you heal, cleanse and detoxify the mind and body.

ADAM NOVA

Music curator at W Verbier, Adam's passion for music led him to start working as a DJ at a very young age, he also worked at a radio station before hosting big parties. Finding inspiration from the different places he plays at, Adam likes to mix modern DJ beats and classic groovy/funky tunes.



VERBIER