

# WALDHAUS SPA WEEKLY WORKOUT



## January Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	02.01.2017	03.01.2017	04.01.2017	05.01.2017	06.12.2016	07.12.2016
8.30–9.30 am	Body workout	Aqua aerobics		Pilates	Body workout	Indoor cycling
8.30–9.45 am			Power body workout			
5–6 pm	Stretch & relax	Stretch & relax	Stretch & relax	Indoor cycling		Yoga
7–8 pm		Indoor cycling			Stretch & relax	Yoga
	09.01.2017	10.01.2017	11.01.2017	12.01.2017	13.01.2017	14.01.2017
8.30–9.30 am	Body workout	Aqua aerobics		Pilates	Yoga	Indoor cycling
8.30–9.45 am			Power body workout			
5–6 pm		Stretch & relax			Yoga	Yoga
7–8 pm	Waldhaus x-treme		Yoga	Indoor cycling	Yoga	Yoga
	16.01.2017	17.01.2017	18.01.2017	19.01.2017	20.01.2017	21.01.2017
8.30–9.30 am	Body workout	Aqua aerobics		Pilates	Yoga	Indoor cycling
8.30–9.45 am			Power body workout			
5–6 pm		Stretch & relax			Yoga	Yoga
7–8 pm	Waldhaus x-treme		Yoga	Indoor cycling	Yoga	Yoga
	23.01.2017	24.01.2017	25.01.2017	26.01.2017	27.01.2017	28.01.2017
8.30–9.30 am	Body workout	Aqua aerobics		Pilates	Yoga	Indoor cycling
8.30–9.45 am			Power body workout			
5–6 pm		Stretch & relax			Yoga	Yoga
7–8 pm	Waldhaus x-treme		Yoga		Yoga	Yoga

The Waldhaus Spa weekly workout programme is valid in January 2017. Subject to modifications. Phone +41 (0)81 928 49 99