

WALDHAUS SPA WEEKLY WORKOUT



March Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01.03.2017	02.03.2017	03.03.2016	04.03.2016
8.30–9.30 am				Pilates	Yoga	
8.30–9.45 am			Power Body Workout			
5–6 pm				Move & Stretch	Yoga	Yoga
7–8 pm			Yoga		Yoga	Yoga
	06.03.2017	07.03.2017	08.03.2017	09.03.2017	10.03.2017	11.03.2017
8.30–9.30 am	Body Workout	Aqua Aerobics		Yoga	Yoga	
8.30–9.45 am			Power Body Workout			
5–6 pm		Move & Stretch		Stretch & Relax	Yoga	Yoga
7–8 pm	Waldhaus x-treme		Yoga		Yoga	Yoga
	13.03.2017	14.03.2017	15.03.2017	16.03.2017	17.03.2017	18.03.2017
8.30–9.30 am	Body Workout	Aqua Aerobics		Pilates	Yoga	Indoor Cycling
8.30–9.45 am			Power Body Workout			
5–6 pm		Move & Stretch		Stretch & Relax	Yoga	Yoga
7–8 pm	Waldhaus x-treme		Yoga		Yoga	Yoga
	20.03.2017	21.03.2017	22.03.2017	23.03.2017	24.03.2017	25.03.2017
8.30–9.30 am	Body Workout	Aqua Aerobics		Pilates	Yoga	Indoor Cycling
8.30–9.45 am			Power Body Workout			
5–6 pm		Move & Stretch		Stretch & Relax	Yoga	Yoga
7–8 pm	Waldhaus x-treme		Yoga		Yoga	Yoga
	27.03.2017	28.03.2017	29.03.2017	30.03.2017	31.03.2017	
8.30–9.30 am	Body Workout	Aqua Aerobics		Pilates	Yoga	
8.30–9.45 am			Power Body Workout			
5–6 pm		Move & Stretch		Stretch & Relax	Yoga	
7–8 pm			Yoga		Yoga	

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