

# WALDHAUS SPA WEEKLY WORKOUT



## May Programme

| TIME         | MONDAY          | TUESDAY         | WEDNESDAY          | THURSDAY       | FRIDAY       | SATURDAY       |
|--------------|-----------------|-----------------|--------------------|----------------|--------------|----------------|
|              | 01.05.2017      | 02.05.2017      | 03.05.2017         | 04.05.2017     | 05.05.2017   | 06.05.2017     |
| 8.30–9.30 am | Body Workout    | Circle training |                    | Pilates        | Body Workout | Indoor Cycling |
| 8.30–9.45 am |                 |                 | Power Body Workout |                |              |                |
| 5–6 pm       | Stretch & Relax | Move & Stretch  | Stretch & Relax    | Move & Stretch |              |                |
|              | 08.05.2017      | 09.05.2017      | 10.05.2017         | 11.05.2017     | 12.05.2017   | 13.05.2017     |
| 8.30–9.30 am | Body Workout    | Circle training |                    |                | Body Workout | Indoor Cycling |
| 8.30–9.45 am |                 |                 | Power Body Workout |                |              |                |
| 5–6 pm       |                 |                 |                    |                |              |                |
|              | 15.05.2017      | 16.05.2017      | 17.05.2017         | 18.05.2017     | 19.05.2017   | 20.05.2017     |
| 8.30–9.30 am | Body Workout    | Circle training |                    | Pilates        | Body Workout | Body Workout   |
| 8.30–9.45 am |                 |                 | Power Body Workout |                |              |                |
| 5–6 pm       |                 |                 | Stretch & Relax    | Move & Stretch |              |                |
|              | 22.05.2017      | 23.05.2017      | 24.05.2017         | 25.05.2017     | 26.05.2017   | 27.05.2017     |
| 8.30–9.30 am | Body Workout    | Circle training |                    | Pilates        | Body Workout |                |
| 8.30–9.45 am |                 |                 | Power Body Workout |                |              |                |
| 5–6 pm       | Stretch & Relax | Move & Stretch  | Move & Stretch     | Move & Stretch |              |                |
|              | 29.05.2017      | 30.05.2017      |                    |                |              |                |
| 8.30–9.30 am | Body Workout    |                 |                    |                |              |                |
| 8.30–9.45 am |                 |                 |                    |                |              |                |
| 5–6 pm       | Stretch & Relax | Move & Stretch  |                    |                |              |                |

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