

WALDHAUS SPA WEEKLY WORKOUT



31. Juli – 6. August 2017

Montag <i>Monday</i>	Dienstag <i>Tuesday</i>	Mittwoch <i>Wednesday</i>	Donnerstag <i>Thursday</i>	Freitag <i>Friday</i>	Samstag <i>Saturday</i>	Sonntag <i>Sunday</i>
Circle Training 8.30–9.30	Aqua Fit 8.30–9.30			Full Body Workout 8.30–9.30	Aqua Fit 8.30–9.30	Aqua Fit 8.30–9.30
	Vinyasa Yoga 11–12				Hatha Yoga 10–11	Rücken Fit <i>spine fit</i> 11.00–11.50
					Pilates 14.00–15.50	
	Functional Training 16.00–16.50		Body Shape 16.00–17.50			Body Balance 15.00–15.50
	Stretch & Relax 17–18	Body Toning 18.00–18.50	Pilates 18.00–18.50			
		Hatha Yoga 20–21				

Bitte Voranmeldung bis 15 Uhr des Vortages unter T +41 (0) 81 928 49 99 oder per Taste «Spa»
 Please advance registration until 3 pm the day before T +41 (0) 81 928 49 99 or via button "Spa"

WALDHAUS SPA WEEKLY WORKOUT



7. – 13. August 2017

Montag <i>Monday</i>	Dienstag <i>Tuesday</i>	Mittwoch <i>Wednesday</i>	Donnerstag <i>Thursday</i>	Freitag <i>Friday</i>	Samstag <i>Saturday</i>	Sonntag <i>Sunday</i>
Aqua Fit 8.30–9.30	Full Body Workout 8.30–9.30	Aqua Fit 8.30–9.30	Full Body Workout 8.30–9.30		Aqua Fit 8.30–9.30	
Vinyasa Yoga 11–12	Hatha Yoga 11–12				Vinyasa Yoga 10–11	Pilates 11.00–11.50
Body Shape 15.00–15.50	Functional Training 16.00–16.50	Body Toning 16.00–16.50	Bauch Beine Po <i>Stomach, legs, buttocks</i> 16–17		Aerobic/ Step 15.00–15.50	Functional Training 15.00–15.50
Circle Training 17–18	Stretch & Relax 17–18	Pilates 18.00–18.50				
		Hatha Yoga 20–21				

Bitte Voranmeldung bis 15 Uhr des Vortages unter T +41 (0) 81 928 49 99 oder per Taste «Spa»
 Please advance registration until 3 pm the day before T +41 (0) 81 928 49 99 or via button "Spa"