

WALDHAUS SPA WEEKLY WORKOUT



11. – 17. September 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 <i>Denny</i> 8.30–9.30		Circle Training <i>Denny</i> 8.30–9.30	Aqua Fit <i>Denny</i> 8.30–9.30	Aqua Pilates <i>Attila</i> 8.30–9.30	Full Body Workout <i>Denny</i> 8.30–9.30
Vinyasa Yoga <i>Attila</i> 10–10.50	G.A.P. Workout <i>Attila</i> 11–11.50				G.A.P. Workout <i>Attila</i> 10–10.50	
Pilates <i>Attila</i> 11–11.50						
Functional Training <i>Attila</i> 17–17.50	Circle Training <i>Denny</i> 17–17.50				Hatha Yoga <i>Attila</i> 18–18.50	
Fit Ball <i>Attila</i> 18–18.50	Vinyasa Yoga <i>Attila</i> 18–18.50	Pilates <i>Attila</i> 18–18.50	Full Body Workout <i>Denny</i> 18–18.50		Pilates <i>Attila</i> 19–19.50	

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"