

WALDHAUS SPA WEEKLY WORKOUT



25. – 01. Oktober 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>
		Hatha Yoga <i>Attila</i> 8.30–9.20		Aqua Fit <i>Attila</i> 8.30–9.30		
		G.A.P. Workout <i>Attila</i> 10–10.50	Vinyasa Yoga <i>Attila</i> 10–10.50	Hatha Yoga <i>Attila</i> 10–10.50		
Functional Training <i>Attila</i> 11–11.50			Pilates <i>Attila</i> 11–11.50			
				Aerobic Step <i>Attila</i> 15–15.50		
Body Balance <i>Attila</i> 18–18.50			Body Toning <i>Attila</i> 18–18.50			

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"