

# WALDHAUS SPA WEEKLY WORKOUT



16. – 22. 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>
		Aqua Fit <i>Denny</i> 8.30–9.30	Circle Training <i>Denny</i> 8.30–9.20		Aqua Fit <i>Denny</i> 8.30–9.30	Full Body Workout <i>Denny</i> 8.30–9.20
	Vinyasa Yoga <i>Attila</i> 10–10.50			Fit Ball <i>Attila</i> 10–10.50		
Body Balance <i>Attila</i> 11–11.50	Body Toning <i>Attila</i> 11–11.50		Pilates <i>Attila</i> 11–11.50	Vinyasa Yoga <i>Attila</i> 11–11.50		
	Functional Training <i>Attila</i> 17–17.50		Body Balance <i>Attila</i> 17–17.50	Pilates <i>Attila</i> 17–17.50		
BBP <i>Attila</i> 18–18.50	Hatha Yoga <i>Attila</i> 18–18.50		Aerobic Step <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"