

WALDHAUS SPA WEEKLY WORKOUT



27. – 03. Dezember 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	Body Balance <i>Denny</i> 8.30–9.20	Full Body Workout <i>Denny</i> 8.30–9.20			
Circle Training <i>Denny</i> 10–10.50						Pilates <i>Attila</i> 10–10.50
					Hatha Yoga <i>Attila</i> 18–18.50	Vinyasa Yoga <i>Attila</i> 17–17.50
					Pilates <i>Attila</i> 19–19.50	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"