

WALDHAUS SPA WEEKLY WORKOUT



04. – 10. 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>
						Body Toning <i>Attila</i> 9–9.50
			Fullbody Workout <i>Denny</i> 9.30–10.20		Aqua Fit <i>Attila</i> 10–10.50	Vinyasa Yoga <i>Attila</i> 10–10.50
Body Toning <i>Attila</i> 12–12.50		Pilates <i>Attila</i> 14–14.50			Body Shape <i>Attila</i> 11.30–12.20	
		Body Toning <i>Attila</i> 15–15.50	Body Shape <i>Attila</i> 15–15.50			
			Pilates <i>Attila</i> 17–17.50			
Hatha Yoga <i>Attila</i> 18–18.50		Hatha Yoga <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"