

WALDHAUS SPA WEEKLY WORKOUT



18. – 24. 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>Attila</i> 10–10.50		Fullbody Workout <i>Denny</i> 10–10.50	Hatha Yoga <i>Attila</i> 10–10.50	Functional Training <i>Attila</i> 10–10.50	Christmas Bootcamp <i>Attila</i> 10–11.30	Fullbody Workout <i>Denny</i> 10–10.50
Body Toning <i>Attila</i> 11–11.50			Pilates <i>Attila</i> 11–11.50	Vinyasa Yoga <i>Attila</i> 11–11.50		
			Body Shape <i>Attila</i> 15–15.50			
					Christmas Bootcamp <i>Attila</i> 17–18.30	

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"