

WALDHAUS SPA WEEKLY WORKOUT



25. – 31. 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 Shape <i>Attila</i> 11–11.50	Body Toning <i>Attila</i> 11–11.50	
Christmas Bootcamp <i>Attila</i> 17–18.30	Christmas Bootcamp <i>Attila</i> 17–18.30	Hatha Yoga <i>Attila</i> 18–18.50		Pilates <i>Attila</i> 18–18.50	Functional Training <i>Attila</i> 18–18.50	New Year Special <i>Attila</i> 15–16.30
		Body Balance <i>Attila</i> 19–19.50		Vinyasa Yoga <i>Attila</i> 19–19.50	Hatha Yoga <i>Attila</i> 19–19.50	

Bitte Voranmeldung bis 15 Uhr des Vortages unter T +41 (0) 81 928 49 99 oder per Taste «Spa» Mindestteilnahme ab 2 Personen
Please advance registration until 3 pm the day before T +41 (0) 81 928 49 99 or via button "Spa"