

WALDHAUS SPA WEEKLY WORKOUT



08. – 14. Januar 2018

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				Aqua Fit <i>Denny</i> 8.30–9.30	
			Body Toning <i>Attila</i> 10–10.50			Vinyasa Yoga <i>Attila</i> 11–11.50
Hatha Yoga <i>Attila</i> 11–11.50	Pilates <i>Attila</i> 11–11.50		Body Balance <i>Attila</i> 11–11.50	Hatha Yoga <i>Attila</i> 11–11.50	Pilates <i>Attila</i> 11–11.50	
				Full Body Workout <i>Denny</i> 18–18.50	Body Shape <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"