

# WALDHAUS SPA WEEKLY WORKOUT



19. – 25. Februar 2018

| Montag<br><i>Monday</i>                  | Dienstag<br><i>Tuesday</i>            | Mittwoch<br><i>Wednesday</i>                 | Donnerstag<br><i>Thursday</i>              | Freitag<br><i>Friday</i>             | Samstag<br><i>Saturday</i>               | Sonntag<br><i>Sunday</i>          |
|--|---------------------------------------|--|--|--------------------------------------|--|-----------------------------------|
|  | Aqua Fit<br><i>Denny</i><br>8.30–9.30 |  |  |                                      | Aqua Fit<br><i>Denny</i><br>8.30–9.30    |                                   |
| Yoga<br><i>Attila</i><br>10–10.50        |                                       | Fullbody Workout<br><i>Denny</i><br>10–10.50 | Bauch Beine Po<br><i>Denny</i><br>10–10.50 | Pilates<br><i>Attila</i><br>10–10.50 |  | Yoga<br><i>Attila</i><br>10–10.50 |
| Body Toning<br><i>Attila</i><br>18–18.50 | Pilates<br><i>Attila</i><br>18–18.50  | Body Balance<br><i>Attila</i><br>18–18.50    |  | Yoga<br><i>Attila</i><br>18–18.50    | Body Toning<br><i>Attila</i><br>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"