

# WALDHAUS SPA WEEKLY WORKOUT



26. – 01. April 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	
Full Body Workout <i>Denny</i> 10–10.50	Yoga <i>Attila</i> 10–10.50	Body Balance <i>Attila</i> 10–10.50		Bootcamp <i>Attila</i> 10–10.50	Yoga <i>Attila</i> 10–10.50	Body Balance <i>Attila</i> 10–10.50
		Pilates <i>Attila</i> 18–18.50		Yoga <i>Attila</i> 18–18.50	Pilates <i>Attila</i> 18–18.50	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» Mindestteilnahme ab 2 Personen  
 Please advance registration until **3 pm** the day before T +41 (0) 81 928 49 99 or via button "Spa"