



Weekly Workout

Datum/Date: 30.07.2018 - 05.08.2018

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 Denny 8.30-9.30				Aqua Fit Denny 8.30-9.30	
Full Body Workout Denny 10.00-10.50		Pilates Attila 10.00-10.50		Body Balance Attila 10.00-10.50		Yoga Attila 10.00-10.50
			Body Shape Attila 13.30-14.20			
Body Balance Attila 18.00-18.50		Yoga Attila 18.00-18.50		Pilates Attila 18.00-18.50		Body Balance Attila 18.00-18.50

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"