

WALDHAUS SPA



WORKOUT WOCHENPLAN 11.02.2019 - 17.02.2019

ZEIT	Montag Monday	Dienstag Tuesday	Mittwoch Wednesday	Donnerstag Thursday	Freitag Friday	Samstag Saturday	Sonntag Sunday
08:30-09:30						AQUA FIT	
10:00-11:00		YOGA	BODY TONING	BODY BALANCE	PILATES	YOGA	
11:00 -12:00							
15:00-16:20							
16:00-17:00							
17:30 -18:00							
18:00-19:00		BODY BALANCE	YOGA		CIRCLE TRAINING	PILATES	
19:00-20:00		SPINNING		SPINNING			