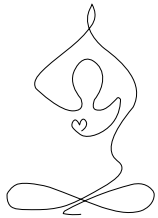


FITNESS

mit Floriana



MONTAG
19.05.2025

08:30 - 09:00
Soundbath 30' mit Silvia
im Hydropool

DIENSTAG
20.05.2025

08:00 - 08:30
Makko-Ho

11:00 - 11:45
Flow Tonic

16:00 - 16:45
Standing Pilates

17:00 - 17:45
Time to stretch

MITTWOCH
21.05.2025

08:30 - 09:00
5 Tibetans

11:00 - 11:45
Pilates matwork

16:00 - 16:45
Back in action

17:00 - 17:45
Fascia Training

DONNERSTAG
22.05.2025

08:30 - 09:00
Sun Salutation

11:00 - 11:45
Spring Yoga

16:00 - 16:45
Vinyasa Flow

17:00 - 17:45
Time to stretch

FREITAG
23.05.2025

08:30 - 09:00
Makko-Ho

11:00 - 11:45
Back in action

16:00 - 16:45
Pilates for golfers

17:00 - 17:45
Fascia Training

SAMSTAG
24.05.2025

08:30 - 09:00
Yin Yoga

11:00 - 11:45
Vinyasa Yoga

16:00 - 16:45
Flow Tonic

SONNTAG
25.05.2025

11:00 - 11:45
Klangschalen Meditation
mit Silvia