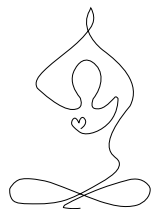


FITNESS

mit Floriana



Bitte beachten Sie, dass eine Voranmeldung an unserer Spa-Rezeption für alle Kurse erforderlich ist.

MONTAG
14.07.2025

08:30 - 09:00
Time to stretch

11:00 - 11:45
Pilates Matwork

DIENSTAG
15.07.2025

08:30 - 09:00
Face Yoga

11:00 - 11:45
Summer Yoga

16:00 - 16:45
Flow Tonic

17:00 - 17:45
Time to stretch

MITTWOCH
16.07.2025

08:30 - 09:00
5 Tibetans

11:00 - 11:45
Pilates for Golfers

16:00 - 16:45
Back in Action

17:00 - 17:45
Fascia Training

DONNERSTAG
17.07.2025

08:30 - 09:00
Just Breathe

11:00 - 11:45
Vinyasa Flow

16:00 - 16:45
Standing Pilates

17:00 - 17:45
Time to stretch

FREITAG
18.07.2025

08:30 - 09:00
Yin Yoga

11:00 - 11:45
Standing Pilates

16:00 - 16:45
Summer Yoga

17:00 - 17:45
Fascia Training

SAMSTAG
19.07.2025

08:30 - 09:00
Makko-Ho

11:00 - 11:45
Back in Action

16:00 - 16:45
Pilates Class

SONNTAG
20.07.2025

11:00 - 11:45
Klangschalen Meditation
mit Silvia