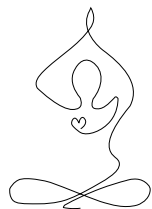


FITNESS

mit Floriana



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

MONTAG
07.07.2025

08:30 - 09:00
Yin Yoga

11:00 - 11:45
Hatha Yoga

DIENSTAG
08.07.2025

08:30 - 09:00
5 Tibetans

11:00 - 11:45
Pilates Matwork

16:00 - 16:45
Summer Yoga

17:00 - 17:45
Fascia Training

MITTWOCH
09.07.2025

08:30 - 09:00
Face Yoga

11:00 - 11:45
Back in action

16:00 - 16:45
Standing Pilates

17:00 - 17:45
Time to stretch

DONNERSTAG
10.07.2025

08:30 - 09:00
Sun Salutation

11:00 - 11:45
Vinyasa Flow

16:00 - 16:45
Back in action

17:00 - 17:45
Fascia Training

FREITAG
11.07.2025

08:30 - 09:00
Makko-Ho

11:00 - 11:45
Summer Yoga

16:00 - 16:45
Flow Tonic

17:00 - 17:45
Time to stretch

SAMSTAG
12.07.2025

08:30 - 09:00
Just Breathe

11:00 - 11:45
Pilates for golfers

16:00 - 16:45
Pilates Class

SONNTAG
13.07.2025

11:00 - 11:45
Klangschalen Meditation
mit Silvia