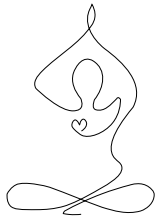


FITNESS

mit Floriana



MONTAG
26.05.2025

08:30 - 09:00
Sun Salutation

11:00 - 11:45
Hatha Yoga

DIENSTAG
27.05.2025

08:00 - 08:30
Yin Yoga

11:00 - 11:45
Vinyasa Flow

16:00 - 16:45
Standing Pilates

17:00 - 17:45
Fascia Training

MITTWOCH
28.05.2025

08:30 - 09:00
Just Breathe

11:00 - 11:45
Pilates Matwork

16:00 - 16:45
Spring Yoga

17:00 - 17:45
Time to stretch

DONNERSTAG
29.05.2025

08:30 - 09:00
Makko-Ho

11:00 - 11:45
Back in action

16:00 - 16:45
Pilates Matwork

17:00 - 17:45
Fascia Training

FREITAG
30.05.2025

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

SAMSTAG
31.05.2025

08:30 - 09:00
5 Tibetans

11:00 - 11:45
Standing Pilates

16:00 - 16:45
Back in action

SONNTAG
01.06.2025

11:00 - 11:45
Klangschalen Meditation
mit Silvia