

# FITNESS

mit *Floriana*



## MONTAG 03.06.

11:00 - 11:45  
Hatha Yoga

16:00 - 16:45  
Time to stretch

## DIENSTAG 04.06.

08:00 - 08:30  
Makko-Ho

11:00 - 11:45  
Standing Pilates

14:00 - 14:30  
Pranayama

16:00 - 16:45  
Mini Resistance Band

17:00 - 17:45  
Fascia release tension

## MITTWOCH 05.06.

09:00 - 09:30  
Healthy Joints

11:00 - 11:45  
Vinyasa intro

14:00 - 14:30  
Happy Feet

16:00 - 16:45  
Vinyasa Class

17:00 - 17:45  
Yin Yoga

## DONNERSTAG 06.06.

08:00 - 08:30  
5 Tibetans

09:00 - 09:30  
Arms & Core

11:00 - 11:45  
Pilaflex

14:00 - 14:30  
Makko-Ho

16:00 - 16:45  
Soft Ball Pilates

## FREITAG 07.06.

09:00 - 09:30  
Legs & Butt

11:00 - 11:45  
Pilates Matwork

14:00 - 14:30  
Face Yoga

16:00 - 16:45  
Swiss Ball Experience

17:00 - 17:45  
Time to stretch

## SAMSTAG 08.06.

08:00 - 08:30  
Healthy Joints

09:00 - 09:30  
Pranayama

11:00 - 11:45  
Pilaflow

14:00 - 14:30  
hands Yoga

16:00 - 16:45  
Vinyasa Flow

## SONNTAG 09.06.

08:00 - 08:30  
Sun Salutation

11:00 - 11:45  
Power Yoga