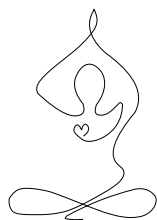


FITNESS

mit Floriana



MONTAG
05.05.2025

Heute findet kein
Kurs statt.

DIENSTAG
06.05.2025

08:00 - 08:30
Makko-Ho

11:00 - 11:45
Standing Pilates

16:00 - 16:45
Vinyasa Yoga

17:00 - 17:45
Time to stretch

MITTWOCH
07.05.2025

08:30 - 09:00
Yin Yoga

11:00 - 11:45
Spring Yoga

16:00 - 16:45
Standing Pilates

17:00 - 17:45
Fascia Training

DONNERSTAG
08.05.2025

08:30 - 09:00
Sun Salutation

11:00 - 11:45
Vinyasa Yoga

16:00 - 16:45
Fascia Training

17:00 - 17:45
Pilates

FREITAG
09.05.2025

08:30 - 09:00
Just Breathe

11:00 - 11:45
Pilates for golfers

16:00 - 16:45
Back in action

17:00 - 17:45
Fascia Training

SAMSTAG
10.05.2025

08:30 - 09:00
5 Tibetans

11:00 - 11:45
Pilates matwork

16:00 - 16:45
Back in action

SONNTAG
11.05.2025

Heute findet kein
Kurs statt.