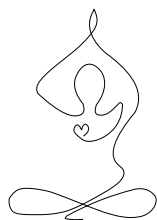


FITNESS

mit Floriana



MONTAG
09.06.2025

08:30 - 09:00
Sun Salutation

11:00 - 11:45
Hatha Yoga

DIENSTAG
10.06.2025

08:00 - 08:30
5 Tibetans

11:00 - 11:45
Pilates for golfers

16:00 - 16:45
Vinyasa Flow

17:00 - 17:45
Fascia Training

MITTWOCH
11.06.2025

08:30 - 09:00
Just Breathe

11:00 - 11:45
Spring Yoga

16:00 - 16:45
Pilates for golfers

17:00 - 17:45
Time to stretch

DONNERSTAG
12.06.2025

08:30 - 09:00
Yin Yoga

11:00 - 11:45
Standing Pilates

16:00 - 16:45
Back in action

17:00 - 17:45
Fascia Training

FREITAG
13.06.2025

08:30 - 09:00
Makko-Ho

11:00 - 11:45
Back in action

16:00 - 16:45
Pilates matwork

17:00 - 17:45
Time to stretch

SAMSTAG
14.06.2025

08:30 - 09:00
5 Tibetans

11:00 - 11:45
Vinyasa Flow

16:00 - 16:45
Flow Tonic

SONNTAG
15.06.2025

11:00 - 11:45
Klangschalen Meditation
mit Silvia