

# FITNESS

*mit Floriana*



## MONTAG 27.05.

09:00 - 09:30  
Qi Gong mit Sabine  
Kauker

11:00 - 11:45  
Yoga Class

16:00 - 16:45  
Time to stretch

## DIENSTAG 28.05.

08:00 - 08:30  
Healthy Joints

11:00 - 11:45  
Pilaflex

14:00 - 14:30  
Hands Yoga

16:00 - 16:45  
Be balanced

17:00 - 17:45  
Time to stretch

## MITTWOCH 29.05.

09:00 - 09:30  
Arms & Core

11:00 - 11:45  
Pilaflow

14:00 - 14:30  
Face Yoga

16:00 - 16:45  
Swiss Ball Experience

17:00 - 17:45  
Fascia release tension

## DONNERSTAG 30.05.

08:00 - 08:30  
Makko-Ho

09:00 - 09:30  
Legs & Butt

11:00 - 11:45  
Vinyasa Class

14:00 - 14:30  
Happy Feet

16:00 - 16:45  
Mini Resistance Band

## FREITAG 31.05.

09:00  
Qi-Gong mit Sabine Kauker

10:00  
Pranayama

11:00 - 11:45  
Standing Pilates

14:00 - 14:30  
Yin Yoga

16:00 - 16:45  
Soft Ball Pilates

17:00 - 16:45  
Blackroll

## SAMSTAG 01.06.

08:00 - 08:30  
5 Tibetans

09:00 - 09:30  
Yin Yoga

11:00 - 11:45  
Pilates Matwork

14:00 - 14:30  
Pranayama

16:00 - 16:45  
Vinyasa Class

## SONNTAG 02.06.

08:00 - 08:30  
Sun Salutation

11:00 - 11:45  
Power Yoga

16:00 - 16:45  
Vinyasa