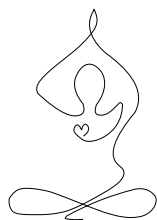


FITNESS

mit Floriana



MONTAG
02.06.2025

08:30 - 09:00
Sun Salutation

11:00 - 11:45
Vinyasa Flow

DIENSTAG
03.06.2025

08:00 - 08:30
Makko-Ho

11:00 - 11:45
Pilates Matwork

16:00 - 16:45
Back in action

17:00 - 17:45
Time to stretch

MITTWOCH
04.06.2025

08:30 - 09:00
5 Tibetans

11:00 - 11:45
Standing Pilates

16:00 - 16:45
Flow Tonic

17:00 - 17:45
Fascia Training

DONNERSTAG
05.06.2025

08:30 - 09:00
Just Breathe

11:00 - 11:45
Spring Yoga

16:00 - 16:45
Vinyasa Flow

17:00 - 17:45
Time to stretch

FREITAG
06.06.2025

08:30 - 09:00
Yin Yoga

11:00 - 11:45
Flow Tonic

16:00 - 16:45
Pilates for golfers

17:00 - 17:45
Fascia Training

SAMSTAG
07.06.2025

08:30 - 09:00
Sun Salutation

11:00 - 11:45
Back in action

16:00 - 16:45
Pilates Class

SONNTAG
08.06.2025

11:00 - 11:45
Klangschalen Meditation
mit Silvia