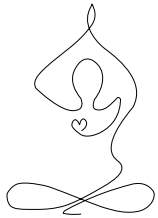


FITNESS

mit *Florianda*



MONTAG 30.09.

08:00 - 08:30
Sun Salutation
mit Nerina
09:00 - 09:30
Qi Gong
mit Sabine Kauker

DIENSTAG 01.10.

08:00 - 08:30
5 Tibeter
11:00 - 11:45
Mini Resistance Band
14:00 - 14:30
Face Yoga
16:00 - 16:45
Soft Ball Pilates
17:00 - 17:45
Yin Yoga

MITTWOCH 02.10.

09:00 - 09:30
Legs & Butt
11:00 - 11:45
Standing Pilates
14:00 - 14:30
Healthy Joints
16:00 - 16:45
Vinyasa Flow
17:00 - 17:45
Fascia Release Tension

DONNERSTAG 03.10.

08:00 - 08:30
Makko-Ho
09:00 - 09:30
Arms & Core
11:00 - 11:45
Pilaflow
14:00 - 14:30
Yin Yoga
16:00 - 16:45
Pilates mit Rolle

FREITAG 04.10.

09:00 - 09:30
Qi Gong
10:00 - 10:30
Neck & Shoulders
11:00 - 11:45
Pilates Matwork
14:00 - 14:30
Happy Feet
16:00 - 16:45
Magic Circle Pilates
17:00 - 17:45
Time To Stretch

SAMSTAG 05.10.

08:00 - 08:30
Healthy Joints
09:00 - 09:30
Abs only
11:00 - 11:45
Pilaflex
14:00 - 14:30
Hands Yoga
16:00 - 16:45
Vinyasa Class

SONNTAG 06.10.

11:00 - 11:45
Klangschalen Meditation
mit Silvia