

FITNESS

mit *Florianda*



MONTAG 13.05.

09:00 - 09:30
Qi Gong

11:00 - 11:45
Yoga

16:00 - 16:45
Time to stretch

DIENSTAG 14.05.

08:00 - 08:30
5 Tibetans

11:00 - 11:45
Pilates Matwork

14:00 - 14:30
Hands Yoga

16:00 - 16:45
Magic Circle Pilates
17:00 - 17:45
Pilayoga

MITTWOCH 15.05.

09:00 - 09:30
Arms & Core

11:00 - 11:45
Pilaflow

14:00 - 14:30
Makko-ho

16:00 - 16:45
Soft ball Pilates
17:00 - 17:45
Black Roll Class

DONNERSTAG 16.05.

08:00 - 08:30
Healty joints - NEU

09:00 - 09:30
Legs & Butt

11:00 - 11:45
Pilaflex

14:00 - 14:30
Face Yoga

16:00 - 16:45
Yin Yoga

FREITAG 17.05.

09:00
Qi-Gong mit Sabine Kauker

10:00 - 10:45
Neck & Shoulder

11:00 - 11:45
Vinvasa Flow

14:00 - 14:30
Happy feet

16:00 - 16:45
Swiss Ball Experience

17:00 - 17:45
Time to stretch

SAMSTAG 18.05.

08:00 - 08:30
Makko-ho

09:00 - 09:30
5 Tibetans

11:00 - 11:45
Standing Pilates

14:00 - 14:30
Yin Yoga

16:00 - 16:45
Fascia Release Tension

SONNTAG 19.05.

08:00 - 08:30
Sun Salutation

11:00 - 11:45
Yoga Flow

16:00 - 16:45
Power Yoga