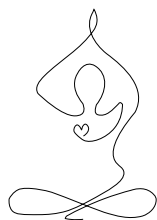


# FITNESS

mit Floriana



MONTAG  
28.04.2025

Heute findet kein  
Kurs statt.

DIENSTAG  
29.04.2025

08:00 - 08:30  
Yin Yoga

11:00 - 11:45  
Springs Yoga

16:00 - 16:45  
Pilates Matwork

17:00 - 17:45  
Fascia Training

MITTWOCH  
30.04.2025

09:00 - 09:30  
5 Tibetans

11:00 - 11:45  
Standing Pilates

16:00 - 16:45  
Back in Action

17:00 - 17:45  
Vinyasa Yoga

DONNERSTAG  
01.05.2025

09:00 - 09:30  
Makko-Ho

11:00 - 11:45  
Vinyasa Yoga

16:00 - 16:45  
Standing Pilates

17:00 - 17:45  
Fascia Training

FREITAG  
02.05.2025

09:00 - 09:30  
Sun Salutation

11:00 - 11:45  
Fascia Training

16:00 - 16:45  
Vinyasa Yoga

17:00 - 17:45  
Time to stretch

SAMSTAG  
03.05.2025

09:00 - 09:30  
Just breathe

11:00 - 11:45  
Pilates for golfers

16:00 - 16:45  
Fascia Training

SONNTAG  
04.05.2025

11:00 - 11:30  
Soundbath mit Silvia