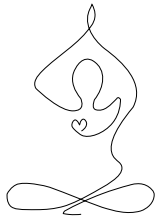


FITNESS

mit *Florianda*



MONTAG
07.04.2025

Heute findet kein
Kurs statt.

DIENSTAG
08.04.2025

08:30 - 09:00
Samanu

11:00 - 11:45
Pilates

16:00 - 16:45
Fascia Training

17:00 - 17:45
Vinyasa Yoga

MITTWOCH
09.04.2025

08:30 - 09:00
Makko-ho

11:00 - 11:45
Back in action

16:00 - 16:45
Pilates

17:00 - 17:45
Time to stretch

DONNERSTAG
10.04.2025

08:30 - 09:00
5 Tibetans

11:00 - 11:45
Vinyasa Yoga

16:00 - 16:45
Back in action

17:00 - 17:45
Pilates

FREITAG
11.04.2025

08:30 - 09:00
Yin Yoga

11:00 - 11:45
Fascia Training

16:00 - 16:45
Pilates

17:00 - 17:45
Vinyasa Yoga

SAMSTAG
12.04.2025

08:30 - 09:00
Just Breathe

11:00 - 11:45
Time to stretch

16:00 - 16:45
Vinyasa Yoga

SONNTAG
13.04.2025

11:00 - 11:45
Klangschalen Meditation
mit Silvia