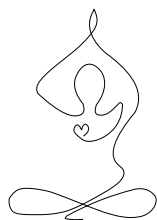


FITNESS

mit Floriana



MONTAG
14.04.2025

Heute findet kein
Kurs statt.

DIENSTAG
15.04.2025

08:00 - 08:30
Makko-ho

11:00 - 11:45
Vinyasa Yoga

16:00 - 16:45
Back in action

17:00 - 17:45
Time to stretch

MITTWOCH
16.04.2025

08:30 - 09:00
Yin Yoga

11:00 - 11:45
Pilates

16:00 - 16:45
Fascia Training

17:00 - 17:45
Time to stretch

DONNERSTAG
17.04.2025

08:30 - 09:00
Just Breathe

11:00 - 11:45
Vinyasa Yoga

16:00 - 16:45
Back in action

17:00 - 17:45
Fascia Training

FREITAG
18.04.2025

08:30 - 09:00
5 Tibetans

11:00 - 11:45
Pilates

16:00 - 16:45
Fascia Training

17:00 - 17:45
Time to stretch

SAMSTAG
19.04.2025

08:30 - 09:00
Sun Salutation

11:00 - 11:45
Vinyasa Yoga

16:00 - 16:45
Pilates

SONNTAG
20.04.2025

11:00 - 11:45
Klangschalen Meditation
mit Silvia