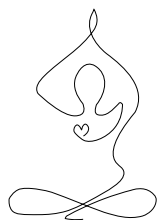


FITNESS

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 - 11:45
Soundbath mit Silvia