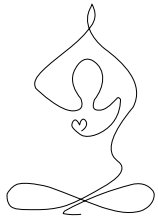


FITNESS

mit *Florianda*



MONTAG
21.04.2025

Heute findet kein
Kurs statt.

DIENSTAG
22.04.2025

08:00 - 08:30
5 Tibetans

11:00 - 11:45
Pilates

16:00 - 16:45
Back in Action

17:00 - 17:45
Time to stretch

MITTWOCH
23.04.2025

08:30 - 09:00
Yin Yoga

11:00 - 11:45
Back in action

16:00 - 16:45
Vinyasa Yoga

17:00 - 17:45
Fascia Training

DONNERSTAG
24.04.2025

08:30 - 09:00
5Sun Salutation

11:00 - 11:45
Vinyasa Yoga

16:00 - 16:45
Fascia Training

17:00 - 17:45
Pilates

FREITAG
25.04.2025

08:30 - 09:00
Just Breathe

11:00 - 11:45
Fascia Training

16:00 - 16:45
Pilates

17:00 - 17:45
Time to stretch

SAMSTAG
26.04.2025

08:30 - 09:00
Makko-ho

11:00 - 11:45
Pilates

16:00 - 16:45
Vinyasa Yoga

SONNTAG
27.04.2025

11:00 - 11:30
Soundbath mit Nicole
Prass-Anton