

SPECIAL KURSE

SONNTAG'S SPECIAL 10:30 - 11:30 UHR

07.05. STEP EASY
MIT STEFFI STUDIO 2

14.05. STEP FATBURNER
MIT KATJA STUDIO 2

21.05. YIN YOGA 75MIN
MIT EVE STUDIO 1

A silhouette of a person sitting in a yoga pose (Padmasana) with hands resting on their knees in a mudra. The person is centered in the frame, and the background is a soft, light glow.

HYGIA