



Exercise sessions (each session is 35 minutes)

Monday 17.10 | Core Strength

Pilates-inspired exercises designed to enhance your core strength and stability. Strengthen your core muscles for better posture, balance, and overall body control.

Instructor: Monica

Tuesday 07.00 | Tabata

High-intensity interval training (HIIT) that targets the entire body. Boost your endurance and improve strength.

Instructor: Monica

Tuesday 17.10 | Mobility and stretch

Unwind and relax with a full-body stretch, designed to enhance flexibility and mobility. End your day feeling refreshed, restored, and ready for tomorrow.

Instructor: Susanne

Wednesday 07.00 | Vinyasa Yoga

Start your day with a gentle yoga, where each movement is seamlessly linked with your breath. Achieve harmony in both mind and body through this fluid, balanced practice.

Instructor: Monica

Wednesday 17.10 | Full body workout

Experience the ultimate full-body workout that combines strength-building exercises with mobility-enhancing movements. Enjoy a fun and effective way to develop strong muscles and improve joint flexibility.

Instructor: Susanne

Thursday 07.00 | Morning meditation

Begin your day with a calming meditation focused on breathing and relaxation. Embrace a serene start and set a positive tone for the day ahead.

Instructor: Susanne

Thursday 17.10 | Power Yoga

An intense and dynamic style of yoga that combines powerful sequences of poses. Focus on building strength, endurance, balance, and flexibility in a challenging and invigorating practice.

Instructor: Monica

Friday 07.00 | Full body workout

Experience the ultimate full-body workout that combines strength-building exercises with mobility-enhancing movements. Enjoy a fun and effective way to develop strong muscles and improve joint flexibility.

Instructor: Susanne