

MIND FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING		6.45-7.15 Breath <small>with Anina</small>					
		7.30-8.00 Deep Calm <small>with Anina</small>				9.15-10.00 Recharge (English) <small>with Anina</small>	
LUNCH	8.15-5.30 Personal Training	8.15-5.30 Personal Training		8.15-5.30 Personal Training	8.15-7.30 Personal Training	10.15-11.00 Mind Fitness <small>with Anina</small>	
	11.00-12.00 Self-guided		11.00-11.45 Self-guided			11.15-5.00 Personal Training	
	12.15-12.45 Positivity (English) <small>with Philipp</small>		12.00-12.30 Balance Mind-Body (English) <small>with Martina</small>				
	1.00-2.00 Self-guided		1.00-2.00 Self-guided				
	2.00-5.00 Personal Training		2.00-5.00 Personal Training				
	5.00-5.45 Self-guided				5.00-5.45 Self-guided		
EVENING	6.00-6.45 Breath <small>with Isabelle</small>	6.00-6.45 Mind Fitness <small>with Anina</small>		6.00-6.45 Flow <small>with Isabelle</small>			
	7.00-8.00 Active Flow <small>with Isabelle</small>		7.00-7.45 Deep Calm (English) <small>with Anina</small>	7.00-7.45 Positivity <small>with Philipp</small>			
	8.15-10.15 Personal Training		8.00-8.45 Heart <small>with Anina</small>	8.15-10.15 Personal Training			
						Events / Workshops	Events / Workshops
							Events