

# MIND FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M O R N I N G		7.00-7.30 <b>Breath</b> with Anina				9.15-10.00 <b>Recharge</b> (English) with Anina	Events / Workshops
		7.45-8.15 <b>Deep Calm</b> with Anina		8.15-5.30 <b>Personal Training</b>	8.15-5.30 <b>Personal Training</b>	10.15-11.00 <b>Mind Fitness</b> with Anina	
		8.15-5.30 <b>Personal Training</b>			8.15-7.30 <b>Personal Training</b>	11.15-5.00 <b>Personal Training</b>	
L U N C H	12.15-12.45 <b>Positivity</b> (English) with Philipp		12.00-12.30 <b>Balance Mind-Body</b> (English) with Martina				Events / Workshops
	1.00-2.00 <b>Self-guided</b>		1.00-2.00 <b>Self-guided</b>				
	2.00-5.00 <b>Personal Training</b>		2.00-5.00 <b>Personal Training</b>				
E V E N I N G	6.00-6.45 <b>Breath</b> with Isabelle	6.00-6.45 <b>Mind Fitness</b> with Anina		6.00-6.45 <b>Deep Calm</b> with Philipp			Events
	7.00-8.00 <b>Flow</b> with Isabelle		7.00-7.45 <b>Deep Calm</b> (English) with Anina	7.00-7.45 <b>Positivity</b> with Philipp			
			8.00-8.45 <b>Heart</b> with Anina				