MOVES

KAIFU LODGE

11:00	60′	Reset Your Body – powered by BLACKROLL®	*Blackroll*	②
12:00	60′	Ageless Flow	*Gustavo P.*	③
12:15	75′	Myo Yin Yoga – powered by waterdrop®	*Karo W.*	②
13:15	60′	re (cycle) - SPINNING® – Jeder km zählt	*Dheena W.*	④
13:15	75′	Partner Workout – Die Challenge des Tages	*Matthias S. & Antje*	⑤
14:00	60′	Shaolin-Basics für Kraft, Balance und einen klaren Kopf	*Diana H.*	②
14:00	45′	Balance & Stability	*Elisa Mur.*	③
14:50	60′	Shoulder Reset	*Elisa Mur.*	③
15:55	45′	Healthy Hips	*Elisa Mur.*	②
16:00	75′	Forever Young – Redlight Reformer Flow	*Jana M.*	Ⓡ
16:15	60′	Nia – Let Go and Feel Free	*Janina St.*	①
16:00	75′	Calisthenics – Joint Health & Movement Longevity	*Jacob M.*	⑤
17:00	60′	Future Fit – powered by waterdrop®	*Ruth K.*	③
17:05	60′	Run Club – Entdecke deine Natur	*Aaron H.*	🌲
17:20	60′	Partner Stretching – Mobility Through Connection	*Jacob M.*	⑤
18:00	60′	Breath & Touch	*Rania*	②
18:20	60′	Longevity Strength Workout	*Aaron H.*	⑤