



4 elements spa

by Althoff

GESUNDHEIT UND BEWEGUNG IM 4-ELEMENTS-SPA-BY ALTHOFF /

HEALTH & MOVEMENT AT THE 4-ELEMENTS-SPA BY ALTHOFF

10.03.2025 – 16.03.2025

**MONTAG
MONDAY**

**DIENSTAG
TUESDAY**

**MITTWOCH
WEDNESDAY**

**DONNERSTAG
THURSDAY**

**FREITAG
FRIDAY**

**SAMSTAG
SATURDAY**

**SONNTAG
SUNDAY**

08:00

**Aqua Fit
Innenpool**
*Aqua fit
Indoorpool
30 min*

**Aqua Fit
Innenpool**
*Aqua fit
Indoorpool
30 min*

**Aqua Fit
Innenpool**
*Aqua fit
Indoorpool
30 min*

**Aqua Fit
Innenpool**
*Aqua fit
Indoorpool
30 min*

**Aqua Fit
Innenpool**
*Aqua fit
Indoorpool
30 min*

**Aqua Fit
Innenpool**
*Aqua fit
Indoorpool
30 min*

**Aqua Fit
Innenpool**
*Aqua fit
Indoorpool
30 min*

10:00

Faszientraining
*fascia training
30 min*

Bauch intensiv
*Belly intense
30 min*

Rückenfit
*Back training
30min*

**Gleichgewicht
&
Stabilität**
*balance and
stability
30 min*

Hatha Yoga
*Hatha Yoga
30 min*

Stretch & Relax
*Stretch & Relax
30 min*

Bauch-Beine-Po
*Belly-leg-buttocks
30 min*

14:00

Stretch & Relax
*Stretch & Relax
30 min*

5 Tibeter
*5 tibets
30 min*

Flexibar
*flexibar
30 min*

Faszientraining
*fascia training
30 min*

Hatha Yoga
*Hatha Yoga
30 min*

Bauch intensiv
*Belly intense
30 min*

Rückenfit
*Back training
30min*

Samstag / Saturday 07:30 Uhr Yoga 60 min