

Feel-Good Week

12.05. – 17.05.2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MOTIVATION	BODY WARMUP	BODY-MIND CONNECTION	SOUL CARE	FEEL-GOOD	WELL-RESTED
08:00 – 09:00		MY SLOW FLOW VINYASA YOGA Virginia	SUNRISE URBAN SERENITY Michael	BODYART SOUL FLOW Arta	MY FLOW PILATES Christian	BALANCE POWER – BALANCE RELAX Virginia
	9:30h Event Check-In	Break				
10:00 – 11:00	MOTIVATION CLASS MY-FGW Team	MY FLOW POWER PILATES Virginia	DANCENERGY Michael	YOGA STRENGTH – FEEL THE SOUL Arta	FEEL-GOOD DEEPWORK Christian	10:00 – 11:30 WELL-RESTED CLASS MY-FGW Team
11:15 – 12:15	MY FLOW BEAT Christian	ELEMENTAL MOVES Michael	DAYO DANCE YOGA Virginia	SOUL DANCE Christian	FEEL-GOOD MEDIATION & BREATH Arta	
	Break					
16:00 – 17:00	HEALTHY SPINE & HIP Arta	FUNCTIONAL WORKOUT – 3D Christian	Free afternoon for Wellness Beach, Pool & Me-Time	MY ENERGIZER MOBILITY FLOW Virginia	BODYBOOST Michael	
17:15 – 18:15	BODYART ENERGY Arta	MY FLOW MOBILITY Christian		„Silent“ YIN YOGA Virginia	SUNSET URBAN SERENITY Michael	



Christian

Arta

Virginia

Michael