

buggyfit week at Gorfion



Monday

9.30 - 10.30 buggyFit 60 min.

Tuesday

8.00 - 8.30 Morning Outdoor-Workout

16.30 - 17.30 buggyFit 60 min.

Wednesday

9.30 - 10.30 buggyFit 60 min.

16.30 - 17.30 Outdoor Yoga 60 min.,
in case of rain Walk&Breath 45 min.

Thursday

8.00 - 8.30 Morning Outdoor-Workout

16.30-17.30 buggyFit 60 min.

Friday

9.30-10.30 buggyFit 60 Min.

Subject to change

Outdoor Yoga: Yoga usually takes place within four walls, but we swap that for the freedom of the mountains. A perfect place to do something good for your body and mind, to calm down and recharge your batteries. Suitable for all levels.

Morning-Workout: A 30-minute full-body workout to start the day full of energy and strength. A combination of functional training and stretching exercises awaits you. Suitable for all early risers.

buggyFit: A full-body workout awaits you together in the fresh air, with your baby in a baby carriage or carrier. The buggyFit workout is tailored to the needs of baby moms. You can expect a pelvic floor-friendly but intensive workout.

Alternative Walk&Breath: When it rains, we use mindful walking instead of practicing yoga on the mat. Combined with various breathing techniques and walking meditation, we leave the bad weather behind us and recharge our batteries.