

Yoga with Sabrina

Please register by
5:00 PM on the day
before the class.



22. June - 28. June

24 June
Wednesday
9:00 AM
Soft Morning Yoga
Good Morning –
Positive Energy

June 29 – July 5

June 29
Monday
9:00 AM
Soft Morning Yoga
Good Morning –
Good Energy

July 1
Wednesday
4:00 PM
Hatha Yoga
The Dancing Warrior

July 2
Thursday
9:00 AM
Soft Morning Yoga
Good Morning –
Good Energy

July 3
Friday
5:00 PM
Hatha Yoga
Down to Earth

July 4
Saturday
5:00 PM
Heart-Opening Yoga
Your Inner Peace
July 5 Sunday
9:00 AM
Yin Yoga
Sunday Bliss

July 06 - July 12

July 6
Monday
4:00 PM
Hatha Yoga
The Dancing Warrior

July 7
Tuesday
9:00 AM
Soft Morning Yoga
Good Morning – Good
Energy

July 9
Thursday
9:00 AM
Soft Morning Yoga
Good Morning – Good
Energy

July 10 Friday
5:00 PM
Hatha Yoga
Down to Earth

July 11
Saturday
5:00 PM
Heart-Opening Yoga
Your Inner Peace

July 12
Sunday
9:00 AM
Yin Yoga
Sunday Bliss

Note!

Currently, no massage sessions are available.

All yoga classes are included in the price.

Please register by 5:00 PM the day before.

Registration is available via the SAM guest app or at the reception.

Meeting point:

Boutique Aparthotel Coburg
Coburgstrasse 833 Gym
or the outdoor yoga area.

July 13
Monday
9:00 AM
Soft Morning Yoga
Good Morning – Good Energy

July 15
Wednesday
9:00 AM
Soft Morning Yoga
Good Morning – Good Energy