

MOVEMENT UNLIMITED

APRIL

Flexibility + Strength

ONLINE SPECIAL

Mondays

14.04. // 21.04. // 28.04.

Thursdays

17.04. // 24.04.

Always 18:00-19:00

USC or 5€ Drop in

Registration to:

post@movementunlimited.de



Personal-Training
Group-Training
Wellness-Massage
Dance-Therapy
Therapy and Coaching
Performerin

**NEWS
UPDATE**

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 5. HIIT Pilates

ONLINE PLATFORM

**On Monday I finally launch
my small Online Platform
with Pilates and HIIT videos.**

**There will be a free trial till
15.05.2025 for everyone.**

**If you are interested send
me a message.**

WEEKLY SCHEDULE

07.04.2025-13.04.2025

MONDAY

TUESDAY

WEDNESDAY

HALE.NOW Friedrichshain

*replaced by @claudiaiglesiasp

12:00-13:00 Deep Stretching
*Middle Split

13:30-14:15 Spicy HIIT

FLOWMOTION Neukölln

*replaced by @mpaz.cortez

20:15-21:15 Deep Stretching
* Back Bend

THURSDAY

HALE.NOW Friedrichshain

*replaced by @paul.iissh

14:45-15:30 FemaleStrength

16:00-17:00 HIIT Stretch+Strengthening

FRIDAY

FLOWMOTION Wedding

*replaced by @paul.iissh

08:45-09:45 Pilates

10:00-11:00 Deep Stretching
*Middle Split

15:00-16:00 HIIT Pilates

16:30-17:30 Deep Stretching
*Front Split

SATURDAY

SUNDAY

PRIVATE SESSIONS AVAILABLE

WEEKLY SCHEDULE

14.04.2025 - 20.04.2025

MONDAY

ONLINE SPECIAL
18:00-19:00 Flexibility + Strengthening
USC or 5€ Drop in
Registration:
post@movementunlimited.de

TUESDAY

FLOWMOTION Neukölln
*replaced by @paul.iissh
17:30-18:30 Pilates

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12:00-13:00 Deep Stretching
*Back Bend
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* Front Split

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FRIDAY

FLOWMOTION Wedding
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08:45-09:45 Pilates
10:00-11:00 Deep Stretching
*Back Bend
15:00-16:00 HIIT Pilates
16:30-17:30 Deep Stretching
*Middle Split

SATURDAY

SUNDAY

PRIVATE SESSIONS AVAILABLE

WEEKLY SCHEDULE

21.04.2025 - 27.04.2025

MONDAY

ONLINE SPECIAL
18:00-19:00 Flexibility + Strengthening
USC or 5€ Drop in
Registration:
post@movementunlimited.de

TUESDAY

FLOWMOTION Neukölln
*replaced by @sabrirochaa
17:30-18:30 Pilates

WEDNESDAY

HALE.NOW Friedrichshain
*replaced by @claudiaiglesiasp
12:00-13:00 Deep Stretching
*Front Split
13:30-14:15 Spicy HIIT

FLOWMOTION Neukölln
*replaced by @mpaz.cortez
20:15-21:15 Deep Stretching
*Middle Split

THURSDAY

ONLINE SPECIAL
18:00-19:00 Flexibility + Strengthening
USC or 5€ Drop in
Registration:
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HALE.NOW Friedrichshain
*replaced by @mpaz.cortez
14:45-15:30 FemaleStrength
16:00-17:00 HIIT Stretch+Strengthening

FRIDAY

FLOWMOTION Wedding
*replaced by @mpaz.cortez
08:45-09:45 Pilates
10:00-11:00 Deep Stretching
*Front Split
15:00-16:00 HIIT Pilates
16:30-17:30 Deep Stretching
*Back Bend

SATURDAY

SUNDAY

PRIVATE SESSIONS AVAILABLE

WEEKLY SCHEDULE

28.04.2025 - 04.05.2025

MONDAY

ONLINE SPECIAL
18:00-19:00 Flexibility + Strengthening
USC or 5€ Drop in
Registration:
post@movementunlimited.de

TUESDAY

FLOWMOTION Neukölln
*replaced by @sabrirochaa
17:30-18:30 Pilates

WEDNESDAY

HALE.NOW Friedrichshain
08:00-08:45 FemaleStrength
12:00-13:00 Deep Stretching
*Middle Split
13:30-14:15 Spicy HIIT

FLOWMOTION Neukölln
20:15-21:15 Deep Stretching
* Back Bend

THURSDAY

ONLINE SPECIAL
18:00-19:00 Flexibility + Strengthening
USC or 5€ Drop in
Registration:
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HALE.NOW Friedrichshain
*replaced tba
14:45-15:30 FemaleStrength
16:00-17:00 HIIT Stretch+Strengthening

FRIDAY

FLOWMOTION Wedding
*replaced by @vittoriomacchini_
08:45-09:45 Pilates
10:00-11:00 Deep Stretching
* Middle Split
15:00-16:00 HIIT Pilates
16:30-17:30 Deep Stretching
*Front Split

SATURDAY

SUNDAY

PRIVATE SESSIONS AVAILABLE

CLASS DESCRIPTIONS

DEEP STRETCHING

This class starts with simple mobility exercises combined with focus on breathing and body alignment to warm up the muscles and arrive in the moment. Slowly going into the final stretches by a variety of progressing positions that we'll hold for at least one minute.

Aiming to stretch the muscle carefully and sustainably, without stressing the fasciae to increase flexibility

The main emphasis in the class rotates weekly between middle split, front split and back bend.

Wednesdays
12:00-13:00 ECT
HALE.NOW Friedrichshain

20:15-21:15 ECT
FLOWMOTION Neukölln

Fridays
10:00-11:00 ECT
16:30-17:30 ECT
FLOWMOTION Wedding



ONLINE SPECIAL
Always 18:00-19:00

Mondays
14.04. // 21.04. // 28.04.

Thursdays
17.04. // 24.04.



FLEXIBILITY+STRENGTH

In this course you will learn how to increase your flexibility, while at the same time holding your stretches. The aim is to give you a deep understanding and awareness of dynamics, functionality and anatomy to build a strong and flexible body.

I will introduce you to a variety of different stretch and strengthening exercises to increase flexibility and mobility as well as training the needed muscles to hold the stretches.

We will work preferably with a resistance band as a prob, but you can always attend without and get alternatives.

USC possible
5€ Drop in

SPICY HIIT

This full body HIIT is inspired by different movement styles such as fitness, martial arts, dance and general movement practices to build a strong physical foundation for functionality, coordination and high dynamics.

Quick high-intense- intervals to push your limit and make you sweat!

We are focusing on precise high-dynamics, growing stamina and building a strong body.

Wednesdays
13:30-14:15 ECT
HALE.NOW Friedrichshain



CLASS DESCRIPTIONS

HIIT STRETCH + STRENGTHENING

Different cardio and strength-focused exercises designed for everyone to push their limits and finishing with a calm down full-body stretching.

Repeating exercises in quick fire rounds creates a very effective training in a short amount of time.

The focus is constantly on a clean passing through the movement, especially taking care about the alignment while at the same time doing the exercise as fast as possible to train the stamina.



Thursdays
16:00-17:00 ECT
[HALE.NOW Friedrichshain](#)

Tuesdays
17:30-17:30 ECT
[FLOWMOTION Neukölln](#)



PILATES

No body is the same. Therefore this class is setting the focus on slow and intense exercise to keep precision and teach what to concentrate on.

The classes are built on changing topics such as “Stability” or “Progression Flow” with possibilities for every level. **The aim is to give an awareness of the deeper muscles and the importance of what it means to build space in the body to gain a correct posture.**

Key elements of the classes are listening, understanding, flow and precision. Increasing self-perception by understanding the own individuality of the body, self-observation, exact execution of the exercises and building strength and mobility at the same time.

HIIT PILATES

This HIIT Pilates class switches between high-intensity cardio and Pilates intervals.

One thing for sure: you will sweat and your muscles will burn!

We will start the class by slowly going through the workout exercises of the day, which will at the same time warm up the body and providing a sustainable dynamic when we move to the high-intensity intervals.

We will finish with a relaxing cool-down and some stretching. This class is for all levels.

Fridays
17:30-17:30 ECT
[FLOWMOTION Wedding](#)

