

MOVEMENT UNLIMITED

DECEMBER

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

Registration to:
post@movementunlimited.de
www.movementunlimited.de



**NEWS
UPDATE**

CONTENT

- **Weekly Schedule**
- **Class descriptions**
 1. Deep Stretching
 2. Flexibility + Strength ONLINE
 3. Spicy HIIT
 4. HIIT Stretch+Strengthening
 5. Pilates

Check the replacements:
Aurora
Jazlyn
Sabrina

CHANNEL FOR ONLINE CLASSES

Last page you find all QR-Codes for the Channels to be up to date, when there is an online class

CHECK MY REPLACEMENTS!

New replacement in the family:
Sabrina

ONLINE PLATFORM
Still available for free :)
Stay tuned!!

WEEKLY SCHEDULE

08.12.2025-14.12.2025

MONDAY

TUESDAY

FLOWMOTION Neukölln

*replaced by @[_jazlyng](#)
17:30-18:30 Pilates

WEDNESDAY

HALE.NOW Friedrichshain

*replaced by @[p____aurora](#)
12:00-13:00 Deep Stretching
*Front Split
13:30-14:15 Spicy HIIT

FLOWMOTION Neukölln

*replaced by @[paul.iissh](#)
20:15-21:15 Deep Stretching
* Middle Split

THURSDAY

HALE.NOW Friedrichshain

*replaced by @[p____aurora](#)
16:00-17:00 HIIT Stretch+Strengthening

FRIDAY

FLOWMOTION Wedding

*replaced by @[p____aurora](#)
08:45-09:45 Pilates
10:00-11:00 Deep Stretching
*Front Split

*replaced by @[allegra_di_notte](#)
15:00-16:00 Pilates
16:30-17:30 Deep Stretching
*Back Bend

SATURDAY

SUNDAY

PRIVATE SESSIONS AVAILABLE

WEEKLY SCHEDULE

15.12.2025 - 21.12.2025

MONDAY

TUESDAY

FLOWMOTION Neukölln

*replaced by @p____aurora

17:30-18:30 Pilates

WEDNESDAY

HALE.NOW Friedrichshain

*all day replaced by @p____aurora

12:00-13:00 Deep Stretching

*Middle Split

13:30-14:15 Spicy HIIT

FLOWMOTION Neukölln

*replaced by @paul.iissh

20:15-21:15 Deep Stretching

*Back Bend

THURSDAY

HALE.NOW Friedrichshain

*replaced by @p____aurora

16:00-17:00 HIIT Stretch+Strengthening

FRIDAY

FLOWMOTION Wedding

*in replaced by @p____aurora

08:45-09:45 Pilates

10:00-11:00 Deep Stretching

*Middle Split

*replaced by @paul.iissh

15:00-16:00 Pilates

16:30-17:30 Deep Stretching

*Front Split

SATURDAY

SUNDAY

PRIVATE SESSIONS AVAILABLE

WEEKLY SCHEDULE

22.12.2025 - 28.12.2025

MONDAY

TUESDAY

FLOWMOTION Neukölln

*replaced by tba.

17:30-18:30 Pilates

WEDNESDAY

HALE.NOW Friedrichshain

*replaced by @p__aurora

12:00-13:00 Deep Stretching

*Back Bend

13:30-14:15 Spicy HIIT

FLOWMOTION Neukölln

*replaced by @p__aurora

20:15-21:15 Deep Stretching

*Front Split

THURSDAY

HALE.NOW Friedrichshain

*replaced by @p__aurora

16:00-17:00 HIIT Stretch+Strengthening

FRIDAY

FLOWMOTION Wedding

*replaced by tba.

08:45-09:45 Pilates

10:00-11:00 Deep Stretching

*Back Bend

*replaced by tba.

15:00-16:00 Pilates

16:30-17:30 Deep Stretching

*Middle Split

SATURDAY

SUNDAY

PRIVATE SESSIONS AVAILABLE

WEEKLY SCHEDULE

29.12.2025 - 04.01.2026

MONDAY

TUESDAY

FLOWMOTION Neukölln

*replaced by @p__aurora

17:30-18:30 Pilates

WEDNESDAY

HALE.NOW Friedrichshain

*replaced by tba.

12:00-13:00 Deep Stretching

*Front Split

13:30-14:15 Spicy HIIT

FLOWMOTION Neukölln

*replaced by tba.

20:15-21:15 Deep Stretching

* Middle Split

THURSDAY

HALE.NOW Friedrichshain

*replaced by @p__aurora

16:00-17:00 HIIT Stretch+Strengthening

FRIDAY

FLOWMOTION Wedding

*replaced by @p__aurora

08:45-09:45 Pilates

10:00-11:00 Deep Stretching

*Middle Split

*replaced by @allegra_di_notte

15:00-16:00 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
*Check my channels
Instagram
Telegram
Whatsapp



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.

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.

SABRINA

My movement journey began with dance at age five — and has evolved ever since through functional training, deep stretching, yoga, and Pilates — the perfect blend of strength, flow, and awareness.

My sessions focus on core strength, posture, and breath, combining precision and rhythm with uplifting music to create balance, energy, and a deeper mind-body connection.

I move — and teach — from a place of calm confidence, grace, and grounded spirituality, bringing both power and presence into every practice.

INSTAGRAM:
allegra_di_notte

CLASSES:

Fridays @Flowmotion Wedding
15:00-16:00 Pilates
16:30-17:30 Deep Stretching



JAZLYN

Jazlyn is multidisciplinary dancer and Pilates practitioner originally from Australia, currently based in Berlin as a freelance dance artist, self-trained handbalancer, and instructor.

She studied dance at one of the leading performing arts Universities in Australia (Western Australian Academy of Performing Arts), gaining her Bachelor of Arts (Dance) in 2021 and Bachelor of Performing Arts (Honours) in 2022.

She has over 10 years of teaching experience, working with diverse age groups, levels, ethnicities, including catering for differential learning needs, and English as a Second Language (TESL).

She trained through London Pilates Academy in 2024, applying her multifaceted dance industry experience with Pilates and systematic training alike.

INSTAGRAM:
jazlyn

CLASSES:

Tuesdays @Flowmotion Neukölln
17:30-18:30 Pilates





AURORA

Hey, I'm Aurora from Chile. I practice Yoga, Contemporary Dance, and Animal Flow, exploring movement that keeps the body strong, flexible, and alive.

In class, we move with presence and awareness. Some sessions focus on strength, others on flow, stretching, or energizing sequences — always to help you feel grounded, free, and at home in your body.

Let's challenge our limits, move, and have fun along the way!

INSTAGRAM:
p__aurora

CLASSES:
Wednesdays
@Hale.Now Friedrichshain
12:00-13:00 Deep Stretching
13:30-14:15 Spicy HIIT

@Flowmotion Neukölln
20:15-21:15 Deep Stretching

Thursdays at Hale.Now
16:00-17:00 HIIT Stretch and Strengthening

Fridays @Flowmotion Wedding
08:45-09:45 Pilates
10:00-11:00 Deep Stretching

MICHELLE

Michelle is a dancer trained in contemporary dance, with experience in bodywork and movement. Her artistic journey has led her to explore different branches of dance, such as Roller Dance and Vertical Dance, enriching her understanding of the body and its possibilities.

As an artist but also as a trainer, Michelle is strongly influenced by her research into the social and performative aspects of **the Deer Dance** which is a dance of the Mayo-Yoreme culture, of her home state Sinaloa, Mexico.

CLASSES:
Back-Up

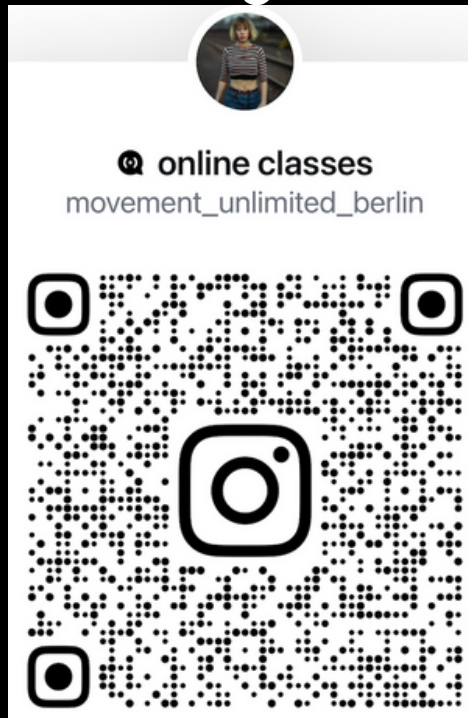
WEBSITE:
www.michelle-felix.com

INSTAGRAM:
[michellefelix.es](https://www.instagram.com/michellefelix.es)



JOIN MY CHANNELS FOR ONLINE CLASSES

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