

WELLNESS

FLOWERPOWER - FINEST FITNESS & WELLNESS

A healthy body not only needs movement, instead moments of peace and time to replenish spent resources. As the name suggests, FlowerPower stands for balance between tension and relaxation. And while "Flower" stands for peaceful, "Power" sums up all active elements - so it's no surprise to see that coaches harmoniously combine health promoting fitness training with a world of wellness.



OPENING HOURS

Monday - Friday	06:00 - 21:30
Saturday - Sunday	08:00 - 17:00

GOOD TO KNOW

- Membership "all inclusive": movement, relaxation and nutrition
- Individual training programme
- Training ambiance: modern and motivating
- More than 40 courses per week
- Sauna and wellness
- Modern training Equipment
- Discount for Student and AVS/AI

