

MOVEMENT UNLIMITED

NOVEMBER

Personal-Training
Group-Training
Wellness-Massage
Dance-Therapy
Therapy and Coaching
Personal growth
Stressmanagement
Depression
Performerin

***AUTUM SPECIAL**
(Online from 23€/h, Life from 50€/h)



“Going beyond my personal boundaries is what characterizes me and i want to encourage others to do the same”

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(ONLINE SPECIAL)
 5. **Spicy HIIT**
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 7. **Pilates**
 8. **HIIT Pilates**



My practice spans the world of dance, movement, social practice and spatial practice - unifying these worlds into one cohesive artistic and physical language.

In 2019 I founded **MOVEMENT UNLIMITED**, a concept which connects all imaginable and non-imaginable possibilities of expression and research without any limitations - where words are no longer needed.

As a trainer my main goal is to give an understanding of each individual body, the understanding of dynamics, functionality and anatomy and furthermore to strengthen the mind through movement.

WEEKLY SCHEDULE

28.10.2024 - 03.11.2024

MONDAY

ONLINE with me
17:00-17:45: Power Pilates
18:15-19:15: Stretch and Strengthening

TUESDAY

FLOWMOTION Neukölln
17:30-18:30: Pilates
*replaced by @mpaz.cortez

WEDNESDAY

HALE.NOW Friedrichshain
13:30-14:15: Spicy HIIT
*replaced by @mpaz.cortez

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

THURSDAY

ONLINE with me
17:00-17:45: Power Pilates
18:15-19:15: Stretch and Strengthening

HALE.NOW Friedrichshain
16:00-17:00: HIIT Stretch & Strengthening
*replaced by @paul.iissh

FRIDAY

FLOWMOTION Wedding
*all friday replaced by @paulii.ssh

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
!CHECK SPECIAL DISCOUNT!

WEEKLY SCHEDULE

04.11.2024 - 10.11.2024

MONDAY

ONLINE with me
17:00-17:45: Power Pilates
18:15-19:15: Stretch and Strengthening

TUESDAY

FLOWMOTION Neukölln
17:30-18:30: Pilates
*replaced by @paulii.ssh

WEDNESDAY

HALE.NOW Friedrichshain
13:30-14:15: Spicy HIIT
*replaced by @mpaz.cortez

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

THURSDAY

ONLINE with me
17:00-17:45: Power Pilates
18:15-19:15: Stretch and Strengthening

HALE.NOW Friedrichshain
16:00-17:00: HIIT Stretch & Strengthening
*replaced by @paulii.ssh

FRIDAY

FLOWMOTION Wedding
*all friday replaced by @paulii.ssh

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
!CHECK SPECIAL DISCOUNT!

WEEKLY SCHEDULE

11.11.2024 - 17.11.2024

MONDAY

TUESDAY

FLOWMOTION Neukölln
13:00-17:00: Open Studio
17:30-18:30: Pilates
*Pilates for mobility

WEDNESDAY

HALE.NOW Friedrichshain
13:30-14:15: Spicy HIIT

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

THURSDAY

NEW CLASS!
For PROJECT X
at PRINCIP GYM inside Telegraphenamt
7:00-7:45: Morning activation
12:00-12:45: Lunchbreak Tone & Stretch

HALE.NOW Friedrichshain
16:00-17:00: HIIT Stretch & Strengthening

FRIDAY

FLOWMOTION Wedding
08:45-09:45: Pilates
*Toned legs & butt
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
!CHECK SPECIAL DISCOUNT!

WEEKLY SCHEDULE

18.11.2024 - 24.11.2024

MONDAY

TUESDAY

HALE.NOW Friedrichshain
7:00-7:45: Power Pilates

FLOWMOTION Neukölln
13:00-17:00: Open Studio
17:30-18:30: Pilates
*Power Pilates

WEDNESDAY

HALE.NOW Friedrichshain
13:30-14:15: Spicy HIIT

FLOWMOTION Neukölln
20:15-21:15: Deep Stretching
*Front Split

THURSDAY

NEW CLASS!
For PROJECT X
at PRINCIP GYM inside Telegraphenamt
7:00-7:45: Morning activation
12:00-12:45: Lunchbreak Tone & Stretch

HALE.NOW Friedrichshain
16:00-17:00: HIIT Stretch & Strengthening

FRIDAY

FLOWMOTION Wedding
*all friday replaced by @paulii.ssh

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
!CHECK SPECIAL DISCOUNT!

WEEKLY SCHEDULE

25.11.2024 - 01.12.2024

MONDAY

TUESDAY

FLOWMOTION Neukölln
13:00-17:00: Open Studio
17:30-18:30: Pilates
*Building bridges

WEDNESDAY

HALE.NOW Friedrichshain
13:30-14:15: Spicy HIIT

FLOWMOTION Neukölln
20:15-21:15: Deep Stretching
*Middle Split

THURSDAY

NEW CLASS!
For PROJECT X
at PRINCIP GYM inside Telegraphenamt
7:00-7:45: Morning activation
12:00-12:45: Lunchbreak Tone & Stretch

HALE.NOW Friedrichshain
16:00-17:00: HIIT Stretch & Strengthening

FRIDAY

FLOWMOTION Wedding
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
!CHECK SPECIAL DISCOUNT!

CLASS DESCRIPTIONS

MORNING ACTIVATION

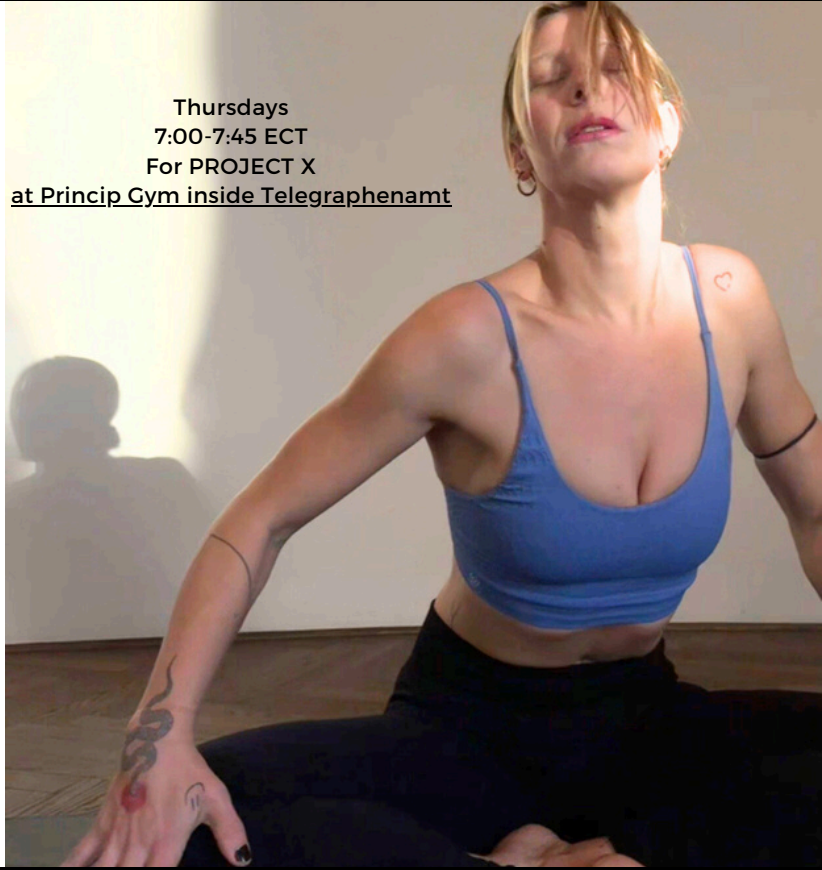
Join this vitalizing blend of Pilates, Yoga, and Meditation to wake up your body and mind.

Starting with a gentle warm-up, we transition into a series of exercises designed to strengthen your muscles and mobilize your joints. In between, we take moments to stretch and activate, preparing our bodies for a strong day ahead.

Inspired by my passion for dance, martial arts and movement in general, I am aiming to empower you to constantly redefine your personal boundaries and find excitement in the diversity of movement.

"Bridging the worlds of dance, movement, and spatial practice into a unified language of art and physicality."

Thursdays
7:00-7:45 ECT
For PROJECT X
at Princip Gym inside Telegraphenamt



NEW CLASSES FROM 14.11.2024 FOR PROJECT X



Thursdays
12:00-12:45 ECT
For PROJECT X
at Princip Gym inside Telegraphenamt

LUNCHBREAK TONE & STRETCH

Do you wish a midday reset?

This class combines elements of Pilates, Yoga, dance, Martial Arts, and Fitness into a flowing movement series that tones and stretches your body simultaneously.

Perfect to recharge for the rest of your day!

This session helps you to explore the dynamics, functionality, and anatomy of your own body, strengthening your mind through each movement.

"Experience a fusion of disciplines that not only challenge your body but also expand your physical and artistic boundaries."

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
20:15-21:15 ECT
FLOWMOTION NEUKÖLLN

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



Monday 28.10.+04.11.2024
18:15-19:15 ECT

ONLINE SPECIAL

Thursday 31.10.+ 07.11.2024
18:15-19:15 ECT

ONLINE SPECIAL



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
8€/Class
Full Package 25€

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

