

Viking Line

-training descriptions

Yoga classes

Yin yoga 50 min

A relaxing and calming yoga practice.

Yoga 25 min

A gentle yoga practice for the whole body.

Astanga yoga 50 min

A dynamic yoga practice for powerbuilding.

Dance classes

Easy dance 25 min

An easy and fun dance party.

Dance cardio 25 min

An energetic and fast-paced class with a touch of dance flava.

Muscle conditioning with hand weights

Upper body 25 min

An efficient conditioning for the upper body with hand weights.

Lower body 25 min

A muscle conditioning with hand weights focusing on toning the legs.

Viking pump 50 min

A full body conditioning with hand weights.

Muscle conditioning without equipment

Upper body and core 25 min

Strengthen your upper body and core with the help of your body weight.

Lower body 25 min

A powerful, non-equipment exercise for your lower body.

Legs-core-booty 25 min

A powerful spot-on routine for thighs, glutes, and core muscles.

Hiit classes

Tabata (non-equipment) 25 min

An intensive cardio session with the help of body weight.

Tabata 25 min

A strong tabata-boost with cardio intensity and muscle work with hand weights.

Body care/recovery

Stretching 25 min

Stretching and relaxation for both your body and mind.

Pilates 50 min

Strengthen and activate the deep core muscles.

On location: activation breaks

Neck-back

Gentle movement and empowering mobility for the neck-shoulder area.

Carefree shoulders

Relaxing routine for the shoulders and a wake-up call for the blood circulation by easy opening movements.

Gentle morning routine

A lovely morning start for the upcoming day. Exercise, to wake up your body and mind in a gentle manner.

Lazy by stretching

Pampering treatment for the body and mind with easy stretching ending with a lovely relaxation closure.

Yoga

An easy and calm yoga practice.

Cabin energy

An efficient total body workout with the help of bodyweight. Can be performed even in small spaces.

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SPA & WELLNESS