

ROBINSON NOONU



Overview Events 2025

25.07.2025 – 08.08.2025

YOGA & MEDITATION EVENT BY ARIANE REIMER

The focus is on a healthy alignment for your body & mind according to the latest findings in yoga based on the principles of Spiraldynamik combined with elements such as meditation & mindfulness. Every class is different and a colourful mix of Vinyasa, Flow, Power & Co.

15.08.2025 – 31.08.2025

BODY-FIT ENJOYMENT BY SWETA KRIEGER

Strengthen your body holistically with versatile workouts with sports expert Sweta Krieger. From strength training to fascia training, functional training and flexibility training.

01.09.2025 – 14.09.2025

BODYART EVENT BY CARINA MAGO

Her philosophy: exercise not only keeps you fit but also has a positive effect on your self-confidence. Those who exercise regularly improve their body awareness and self-perception. In combination with mindfulness and breathing exercises, physical fitness is the basis for a happy and contented life.

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20.09.2025 – 04.10.2025

DANCE EVENT BY MATTHIAS SCHMIDT

During these days you can expect great dance classes such as foxtrot, disco fox, bachata, waltz, salsa and many more, all of which can be practiced at the parties in the evening.

22.09.2025 – 29.09.2025

This is NOONU – Special Week!

This week you can expect great live artists, experts and DJs with great party highlights!

11.10.2025 – 25.10.2025

REJOIN MOBILITY & AWARENESS YOGA BY PIERRE BOHN

The power of inner strength in meditations and breathing exercises: Feel your power and heartbeat in strength and workout classes or enjoy powerful mobility sessions.

03.11.2025 – 17.11.2025

YOGA & DANCE EVENT BY BETTY STURM

A great event that combines dance and yoga classes.

24.11.2025 – 07.12.2025

YOGA & MEDITATION EVENT "FIND YOUR BALANCE" BY IRINA WAMBACH

Irina was involved in the development of the YONGA course concept and leads many different yoga formats. Pilates, fascia training and functional workouts such as BODYART and DEEPWORK are also part of her course profiles. Her passion is to pass on, the connection of simple and gentle movements and mental focus, change and development. In simplicity lies more potential for connection to oneself - to body, mind and soul.

15.12.2025 – 03.01.2026

"BODY POSITIVITY" BY SAVA ASSENOV

Core training, Pilates and yoga flows, early bird workouts and intensive full-body workouts await you. Our experienced coach from Cologne is looking forward to meeting you.