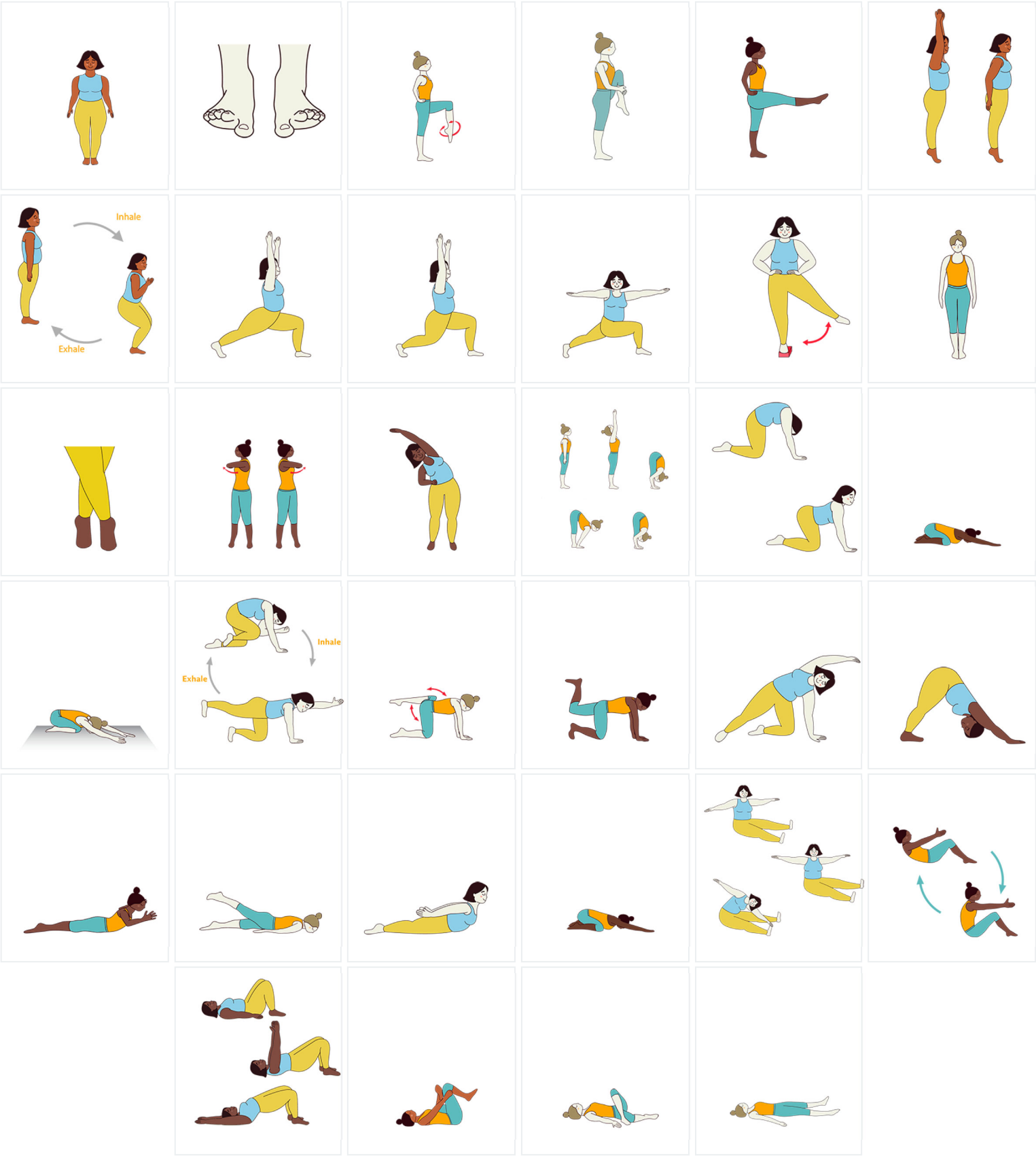
Kurseinheit 4 / Pilates

- 60 Minuten
- Achtsamer bewusster Stand