

Monday, 23.10.

Tuesday, 24.10.

Breakfast from 08:30

Wednesday, 25.10.

Breakfast from 08:30

Thursday, 26.10.

Breakfast from 08:30

Friday, 27.10.

Breakfast from 08:30

08:00 – 09:00

Wake Up Class
with Alexa

10:00 – 11:00

BODYART | Basic and
Rotations with Alexa

10:00 – 11:00

BODYART | Core
with Alexa

10:15 – 11:30

BODYART | Goodbye Class
with Janni & Alexa

11:15 – 12:15

BODYART | Pure Yang
with Janni

11:15 – 12:15

Surprise
with guest teacher

11:00 – 12:00

Surprise
with guest teacher

Lunch at 13:00

17:00 – 18:00

Welcome Class
with the Team

17:00 – 18:00

BODYART | Mobility +
Recovery with Alex & Janni

17:30 – 18:30

BODYART | HIT Myofascial
with Janni

17:00 – 18:00

BODYART | For the Back
with Janni

Welcome Apéro at 19:00

Dinner at 19:30

Dinner at 19:30