

05 JUNE 2025

THURSDAY

Ballroom

Chalet

Lunch Break🍇

15:00 - 16:15

Robert, Janni, Alexa, Daniela, Isabel

Opening Class

16:30 - 17:30

Janni

BODYART:
Strength & Core

Daniela

PRANA

17:40 - 18:30

Alexa & Robert

BODYART:
Flow & Prana

Janni

BODYART:
Fundamentals



06 JUNE 2025

FRIDAY

Ballroom

Chalet

Daniela

BODYART:
Wake-up Class

08:00 - 09:00

Alexa

BODYART:
Core & More

Janni

Core Cell Memory

10:00 - 11:00

Robert

BODYART:
365 Yin/Yang

Daniela

BODYART:
Basic Signature Moves

11:15 - 12:15

Lunch Break🥗

Isabel

DEEPWORK:
Combat

Janni

BODYART:
Myofascial

15:30 - 16:30

Robert & Alexa

PRANA &
BODYART Recovery

16:45 - 17:45

07 JUNE 2025

SATURDAY

Ballroom

Chalet

08:00 - 09:00

Alexa

BODYART:
Wake-up Class

10:00 - 11:00

Daniela

BODYART:
Conscious Moves

Janni

DEEPWORK:
Alignment

11:15 - 12:15

Robert & Daniela

BODYART:
Strength & Core

Lunch Break 🍍

15:30 - 16:30

Alexa

BODYART:
Spirals & Flow

Janni

BODYART:
PTBT

16:45 - 18:00

Isabel

BODYART Yin,
Breathwork & Cacao
Meditation



08 JUNE 2025

SUNDAY

Ballroom

Chalet

Isabel

PRANA

Alexa, Robert & Daniela

BODYART:
Yin & Yang

Janni

BODYART:
Holistic Triangel

Team

Closing Class

Lunch Break 🥑

08:00 - 09:00

10:00 - 11:00

11:15 - 12:15