

Monday, 20.10.	Tuesday, 21.10.	Wednesday, 22.10.	Thursday, 23.10.	Friday, 24.10.
	Breakfast from 08:030– 10:00	Breakfast from 08:30 – 10:00	Breakfast from 08:30 – 10:00	Breakfast from 08:30 – 10:00
			08:00 – 09:00 Wake Up Class with Timur	
	10:00 – 11:00 DEEPWORK with Timur	10:00 – 11:00 BODYART Core with Timur		10:15 – 11:30 BODYART Goodbye Class with Timur & Alexa
	11:15 – 12:15 BODYART Basic and Spirals with Alexa	11:15 – 12:15 20/20 DEEPWORK & BODYART with Alexa	11:00 – 12:00 Surprise Class	
			Lunch at 13:00	Lunch 13:00
17:00 – 18:00 Welcome Class with Alexa & Timur	17:00 – 18:00 BODYART Mobility and Recovery with Alexa & Timur	17:30 – 18:30 BODYART For the Back with Timur	17:00 – 18:00 BODYART Strength & Flow with Alexa	
Welcome Apéro at 19:00 Dinner at 19:30	at 19:30 Dinner	at 19:30 Dinner	surprise dinner	