

Monday, 19.10.	Tuesday, 20.10.	Wednesday, 21.10.	Thursday, 22.10.	Friday, 23.10.
	Breakfast from 08:30 – 11:00	Breakfast from 08:30 – 11:00	Breakfast from 08:30 – 11:00	Breakfast from 08:30 – 11:00
	08:00 – 09:00 Morning Vinyasa	08:00 – 09:00 Yoga Surprise	08:00 – 09:00 Hatha Yoga	08:00 – 09:00 Morning Vinyasa
	10:30 – 11:30 DEEPWORK with Timur	10:30 – 11:30 Pilates with Timur	10:30 – 11:30 BODYART Strength & Flow with Alexa	10:30 – 11:30 BODYART Goodbye Class with Timur & Alexa
	11:45 – 12:45 BODYART Spirals with Alexa	11:45 – 12:45 20/20 DEEPWORK & BODYART with Alexa	11:00 – 12:00 Pilates with Timur	
			Lunch at 13:00	Lunch 13:00
17:00 – 18:00 Welcome Class with Alexa & Timur	17:00 – 18:00 Pilates with Timur	13:30 – 15:00 Surprise Class	17:00 – 18:00 BODYART Mobility and Recovery with Alexa & Timur	
Welcome Apéro at 19:00 Dinner at 19:30	at 19:30 Dinner	at 19:30 Dinner	Surprise Dinner	