

ZEN_●Live

Saturday, 27.11.2021

09:15 - 09:25	Warm Welcome and Introducing ZEN_Livestream-Team_2021
09:30 - 10:30	BODYART ZEN_New_Exercises Robert Steinbacher, Alexa Lê + Janni Giannikakis
10:45 - 11:45	DEEPWORK The Concept holistic - functional - easy to do Virginia Winsemann + Remo Stefanic
12:00 - 13:00	BODYART Flow Meridian Workout Alexa Lê + Christian Gasch
13:45 - 14:45	DEEPWORK Reloaded - Welcome Back Jannie Lindeque + Virginia Winsemann
15:00 - 16:00	BODYART Balance +Core Alexa Lê + Janni Giannikakis
16:15 - 17:30	BODYART School ZEN_experience Final Class Day I Robert Steinbacher + Team



class descriptions

全部 BODYART SCHOOL

ZEN_●Live

Sunday, 28.11.2021

09:30 - 10:30	BODYART Wake up your Energy Alexa Lê + Virginia Winsemann
10:45 - 11:45	DEEPWORK Double Trouble Part II Robert Steinbacher + Jannie Lindeque
12:00 - 13:00	HEALTH ACADEMY Mobility Flow Janni Giannikakis + Virginia Winsemann
13:45 - 14:45	WARRIOR V Workout - Dance - Emotions Robert Steinbacher
15:00 - 16:00	BODYART Update 2022 Neuro Activity Dr. Fabian Allmacher + Christian Gasch
16:15 - 17:30	BODYART School ZEN_Livestream_Final_Class Janni Giannikakis + Robert Steinbacher



Unsere Partner/our partners:

