

	MASTER HALL	LOFT 1 (1st Floor left hand side)	LOFT 2 (1st Floor right hand side)
09:00 - 09:20	Warm Welcome and Introducing ZEN_2022 - The Team		
09:30 - 10:30	BODYART ZEN_2022 Opening Class Alexa Lê + Robert Steinbacher		++INFO++ HEALTH ACADEMY Zusatzpaket Buchbar für Teilnehmer der Kategorie 2 oder 3  ++INFO++ HEALTH ACADEMY Additional Package Bookable for participants of the category 2 oder 3
10:45 - 11:45	DEEPWORK ZEN_2022 Virginia Winsemann + Team	BODYART Structure Yang + Yin News (E) Christian Gasch	HEALTH ACADEMY H P T Manual Treatment to Recovery (D) Janni Giannikakis
12:00 - 13:00	BODYART The Power of Elements Daniela Mantziaris + Remo Stefanic	DEEPWORK Basic Challenge + Balance (E) Martin Brümmer	HEALTH ACADEMY BURN-OUT Prevention (D) Janni Giannikakis + Thomas Berghoff
14:00 - 15:00	DEEPWORK The Power of Polarity Virginia Winsemann + Robert Steinbacher	BODYART Swave Board (E) Alexa Lê	HEALTH ACADEMY Core Cell Memory (Bi) Thomas Berghoff
15:15 - 16:15	BODYART Xross Fascia Moves Janni Giannikakis + Remo Stefanic	BODYART Contact + Touch (Bi) Daniela Mantziaris + Ulli Mangold	HEALTH ACADEMY Pilates New Age (D) Christian Gasch
16:30 - 17:30	BODYART The Yin + Yang Concept The Founders + the Newcomers	DEEPWORK Energy Phase 2 Variations + Skills (E) Virginia Winsemann	HEALTH ACADEMY The Art of Expression (D) Lecture Steffanie Riehm

	MASTER HALL	LOFT 1 (1st Floor left hand side)	LOFT 2 (1st Floor right hand side)
09:30 - 10:30	BODYART Wake up your ZEN_Energy Alexa Lê + Ulli Mangold	BODYART Dynamic Core Power (E) Virginia Winsemann	Cooperation partner Euro Education HIITup! (D) Roman Bayer
10:45 - 11:45	DEEPWORK Reloaded Katharina Knittel, Jacqueline Schoppelt + Martin Brümmer	BODYART iO-Ball Training (E) Janni Giannikakis	BODYART Update 2022 Neuro Activity (D) Workshop Dr. Fabian Allmacher + Christian Gasch
12:00 - 13:00	BODYART Update 2022 Neuro Activity Class Dr. Fabian Allmacher + Christian Gasch	BODYART Medical + Recovery News (E) Ulli Mangold	BODYART Best Age Swing + Stability (D) Virginia Winsemann
14:00 - 15:00	WARRIOR V Workout + Dance Robert Steinbacher, Julcsi Kruszlicz + Ivam da Silva	DEEPWORK Xpress meets Mobility (E) Virginia Winsemann	BODYART Swave Board (D) Alexa Lê + Janni Giannikakis
15:15 - 16:15	HEALTH ACADEMY Mobility Flow Janni Giannikakis + Katharina Knittel	BODYART Basic Strength + Awareness (E) Ulli Mangold + Martin Brümmer	Cooperation partner Euro Education HY - Funtional HIIT meets Yoga Flow (D) Roman Bayer
16:30 - 17:30	BODYART School ZEN_Experience Final Class and Stretch Robert Steinbacher, Alexa Lê + Team		

😊 Kurse, mit dieser Markierung sind für Teilnehmer der Kategorie 2, bzw 3 oder 4 frei, viel Spaß!  
Courses, with this marking are free for participants of category 2, 3 or 4, have fun!

Ohne Gewähr - Änderungen vorbehalten  
without guarantee - subject to change