

	<b>MASTER HALL</b>	<b>LOFT 1</b> <small>(1st Floor left hand side)</small>	<b>LOFT 2</b> <small>(1st Floor right hand side)</small>
09:00 - 09:30	Warm Welcome and Introducing ZEN_2023 - The Team		
09:30 - 10:30	BODYART_Experience ZEN_2023 Opening Class Alexa Lê + Robert Steinbacher		
10:45 - 11:45	DEEPWORK_Experience ZEN_2023 Virginia Winsemann, Jacqueline Schoppelt + Regina Münstermann	BODYART Workout Healthy Back (D) Daniela Mantziaris + Monika Kilian	HEALTH ACADEMY Breast Cancer REHAB (E) Simona Niste
12:00 - 13:00	HEALTH ACADEMY Inner Balance Janni Giannikakis	BODYART Workout Swave Board (D) Alexa Lê	Cooperation partner Euro Education Metabolic Aftershock through H.I.I.T. (D) Roman Bayer
13:30 - 14:30	Cooperation partner Euro Education HIITup! (D) Roman Bayer + The DEEPWORK Team	BODYART NEWS Train with the Founder (E) Robert Steinbacher	DEEPWORK NEWS Update 2023 The Idea (Bi) Virginia Winsemann
14:45 - 15:45	BODYART Recovery Meridian Flow Alexa Lê + Daniela Mantziaris	BODYART H-I-T/ Mobility Moves (E) Janni Giannikakis + Ivam da Silva	HEALTH ACADEMY Body Brain Pattern (D) Astrid Engelbrecht
16:00 - 17:00	DEEPWORK Party Time Robert Steinbacher, Julcsi Kruzslicz + Remo Stefanic	BODYART NEWS Best Age (E) Virginia Winsemann	HEALTH ACADEMY Holistic Diagnostic and Taping (D) Alexander von Hausen

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09:00 - 10:00	DEEPWORK Update 2023 The Class Virginia Winsemann + Martin Brümmer	BODYART Workout Swave Board (D) Alexa Lê + Janni Giannikakis	
10:15 - 11:15	BODYART H-I-T/ Fascia Moves Janni Giannikakis + Remo Stefanic	BODYART NEWS Neuro Activity (E) Fabian Allmacher	HEALTH ACADEMY Elementary (D) Alexander von Hausen
11:30 - 12:30	BODYART Workout Stabi - Mobi - Flex Virginia Winsemann + Christian Gasch	DEEPWORK NEWS Cardio + Strength (E) Julcsi Kruzslicz + Regina Münstermann	HEALTH ACADEMY Core Cell Memory (Bi) Janni Giannikakis
13:00 - 14:00	WARRIOR V NY_Style Robert Steinbacher, Julcsi Kruzslicz + Ivam da Silva	BODYART Workshop Biomechanics of Breathing (D) Fabian Allmacher	HEALTH ACADEMY H P T Fascia Release (E) Janni Giannikakis
14:15 - 15:15	BODYART Workout Strength + Spirals Alexa Lê + Remo Stefanic	DEEPWORK NEWS E3 Ideas (Bi) Jacqueline Schoppelt + Martin Brümmer	HEALTH ACADEMY Pilates New Age Spiral Workout (E) Christian Gasch
15:30 - 16:30	BODYART ZEN_Final Stage Robert Steinbacher, Virginia Winsemann + Christian Gasch	BODYART NEWS Fascia Moves (D) Janni Giannikakis	
16:30 - 17:00	ZEN_2023 Final Class Robert Steinbacher, Alexa Lê + Team	Ohne Gewähr - Änderungen vorbehalten without guarantee - subject to change	