

ZEN_Saturday, 25.03.2023


MASTER HALL

LOFT 1

LOFT 2

09:00-09:25h	Warm Welcome and Introducing ZEN_2023 - The Team		
09:30-10:30h	BODYART Workout ZEN_2023 Opening Class Robert Steinbacher + Alexa Lê		
10:45-11:45h	DEEPWORK Cardio Training ZEN_2023 Virginia W., Jacqueline Sch. + Regina M.	BODYART Workout Healthy Back Monika Kilian + Daniela Mantziaris	HEALTH ACADEMY Breast Cancer Rehab Simona Niste
12:00-13:00h	HEALTH ACADEMY Inner Balance Janni Giannikakis	BODYART Workout Swave Board Alexa Lê	EURO EDUCATION Cooperation Partner Metabolic Aftershock through H.I.I.T Roman Bayer
13:30-14:30h	EURO EDUCATION Cooperation Partner HY-Functional HIIT meets Yoga Flow Roman Bayer	BODYART Workout Train with the Founder Robert Steinbacher	DEEPWORK News Update 2023 - The Idea Virginia Winsemann
14:45-15:45h	BODYART Workout Meridian Flow Alexa Lê + Daniela Mantziaris	BODYART Workout H-I-T/ Mobility Moves Janni Giannikakis + Ivam da Silva	HEALTH ACADEMY Pilates New Age- Spiral Workout Christian Gasch
16:00-17:00h	DEEPWORK Party of Variations Robert St., Julcsi K. + Remo St.	BODYART News Best Age Virginia Winsemann	HEALTH ACADEMY Holistic Diagnostic and Taping Alexander von Hausen

ZEN_Sunday, 26.03.2023

	MASTER HALL 	LOFT 1	LOFT 2
09:00-10:00h	DEEPWORK NEW MODULE Xpress meets Mobility Virginia Winsemann + Martin Brümmer	BODYART Workout Swave Board Alexa Lê	
10:15-11:15h	BODYART Workout H-I-T/ Fascia Moves Janni Giannikakis + Remo Stefanic	BODYART News Neuro Activity Dr. Fabian Allmacher	HEALTH ACADEMY Elementary Alexander von Hausen
11:30-12:30h	BODYART Workout Stabi - Mobi - Flex Christian Gasch + Virginia Winsemann	DEEPWORK Cardio + Strength Julcsi Kruzslicz + Regina Münstermann	HEALTH ACADEMY CoreCellMemory Janni Giannikakis
13:00-14:00h	WARRIOR V NY Style Robert St., Julcsi K. + Ivam da Silva	BODYART Workshop Biomechanics of Breathing Dr. Fabian Allmacher	HEALTH ACADEMY H P T - Fascia Release Janni Giannikakis
14:15-15:15h	BODYART School NEW MODULE BODYART Spirals Alexa Lê + Remo Stefanic	DEEPWORK News E3 Ideas Jacqueline Schoppelt + Martin Brümmer	BODYART News Fascia Moves Janni Giannikakis
15:30-16:30h	BODYART Workout ZEN_Final Stage Robert St., Virginia W. + Christian G.		
16:30-17:00h	ZEN_2023 Final Class Robert St., Alexa Lê + Team		