

WORKOUT FOR LIFE Holidays

Alibey Resort Sorgun –
14th - 21st of May

SUNDAY, May 14th Kick-Off

- 17:00 - 18:15 h
WORKOUT FOR LIFE Holidays
Kick-Off Class
Virginia Winsemann,
Arta Zanuka +
Christian Gasch

MONDAY, May 15th Mobility + Breath

- 10:30 - 11:00 h
Check In - WFL Fitness Area
- 11:00 - 12:15 h
WORKOUT FOR LIFE Holidays
Welcome Class
Virginia Winsemann,
Arta Zanuka +
Christian Gasch
- 16:00 - 17:00 h
BODYART - Spine Mobility
3-Dimension
Virginia Winsemann
- 17:15 - 18:15 h
BODYART - Joint Mobility
Dynamic to Static & Breath
Arta Zanuka



TUESDAY, May 16th Stretch + Polarity

- 08:00 - 09:00 h
BODYART - Morning Stretch
Full Range of Motion
Christian Gasch
- 10:00 - 11:00 h
DEEPWORK Cardio
Polarity Training
Christian Gasch
- 11:15 - 12:15 h
BODYART - Active Stretch
Front & Back of the Body
Virginia Winsemann
- 16:00 - 17:00 h
BODYART - Active Stretch
Balance between Right & Left
Virginia Winsemann
- 17:15 - 18:15 h
BODYART Recovery
Reflect the Polarity
Arta Zanuka

WEDNESDAY, May 17th Cardio + Strength

- 08:00 - 09:00 h
DEEPWORK Cardio
Power Wake Up
Virginia Winsemann
- 10:00 - 11:00 h
BODYART Workout
Strength & Awareness
Arta Zanuka
- 11:15 - 12:30 h
WARRIOR V
Workout - Dance - Stretch
Christian Gasch

Enjoy your afternoon!

- Beach
 - Pool
 - Walk to Side
 - Shopping
 - Sightseeing
- Have FUN!

THURSDAY, May 18th Core + Balance

- 08:00 - 09:00 h
BODYART - Inner Balance
for the Day
Virginia Winsemann
- 10:00 - 11:00 h
Pilates Training
Core Power
Virginia Winsemann
- 11:15 - 12:15 h
BODYART Recovery
Flow & Balance
Arta Zanuka
- 16:00 - 17:00 h
BODYART Workout
Core Stability
Arta Zanuka
- 17:15 - 18:15 h
DEEPWORK Cardio
Balance & Core
Christian Gasch



FRIDAY, May 19th Breath + Reflection

- 08:00 - 09:00 h
Pilates Training
Morning Flow
Christian Gasch
- 10:00 - 11:00 h
DEEPWORK Xpress
meets Mobility
Virginia Winsemann
- 11:15 - 12:15 h
BODYART Workout
Observe the Breath
Arta Zanuka
- 17:00 - 18:15 h
WORKOUT FOR LIFE Holidays
Final Class
Virginia Winsemann,
Arta Zanuka +
Christian Gasch