



MAIN STAGE

09.00-10.00	Morning Yoga Viktoria Ecker
10.00-10.30	Pilates Class Elvira Rumetshofer
10.45-11.15	Zumba Renata Alegria
11.15-12.00	Vinyasa Flow Svenja Berndt
12.00-12.45	Yoga Sculpt Julia Kienler
12.45-13.15	Feel Good Break
13.15-14.15	Commercial Dance Class Sophie Schöpf
14.15-14.45	Techno Yoga Michaela Illetschko
15.00-15.30	Challenges waterdrop® & Sigl Bio
15.30-16.00	Yoga Music Special Florence + the Machine Christina Halter
16.15-17.00	Mobility King Kong Club
17.00-18.00	Mindful Body Verena Stefenelli



BALANCE STAGE

10.00-10.45	Functional Strength Laurin Müller
11.15-12.00	Psychedelic Breath y.Lab
12.00-12.30	Yoga x Calisthenics Svenja Berndt
12.30-13.00	Live Podcast: Stressmanagement Erklär mir die Welt
13.00-13.45	Jivamukti Yoga Katharina Kozel
13.45-14.15	Female Empowerment Nicole Meidl
14.30-15.15	Fascia Flossing Birgit Pelzmann
15.20-15.50	Talk „It's not running, it's the habit that's changing you“ Iman Rogers
16.00-16.30	Shake the dust y.Lab
16.30-17.00	Core & Strength Core Sports Club



FLOW AREA

powered by **ERSTE**

10.00-10.45	Arm Balance hosted by Joya Christina Halter
11.15-12.00	Acro Yoga Noah Frehmann
12.00-12.45	Face Yoga Nathalie Romina
13.00-13.45	Cacao Ceremony Cacao Guardians
14.00-14.45	Inversions Christina Halter
15.00-15.45	Journaling Nathalie Romina
16.00-16.45	Cacao Ceremony Cacao Guardians



ENERGY AREA

powered by **nutribullet**

10.00-10.45	Splits Workshop King Kong Club
11.00-11.45	Core Workout King Kong Club
12.00-12.45	Backbends Workshop King Kong Club
13.00-13.45	Core Workout King Kong Club
14.00-14.45	Splits Workshop King Kong Club
15.00-15.45	Full Body Workout Katharina Scheuch-Schmid
16.00-16.45	How to learn flips nutribullet®

WORKSHOPS

OPEN CLASSES

Eisbaden WeBorn	Reformer Pilates Soma Co. Studio
Jumping Fitness GK Studio	Bootcamp Zone.Fit
Aerial Silk Aerial Silk Vienna	Pole Dance Patricia Stocker
Aerial Yoga YOGAlounge	

Bei den Workshops & Open Classes gilt: first come, first served.

