



MAIN STAGE

09.00-10.00	Morning Meditation Julia Dujmovits
10.00-10.45	Mindful Body Marietta Frühmann
10.45-11.15	High Intensity Pilates Mariana & David
11.15-12.00	Jivamukti Yoga Christina Bruns
12.00-12.30	Feel Good Break
12.30-13.30	Commercial Dance Class Sophie Sollmann
13.30-14.00	Pilates x Fame Boxing Fame Boxing
14.15-14.45	Yogic Rave Judy & DJ Laura Sierra
14.45-15.15	Challenges waterdrop® & Joya
15.15-15.45	Zumba Renata Alegria
15.45-16.45	Inside Flow Manuel Neumann
17.00-18.00	Restful Yin x Piano Noah Frehmann



BALANCE STAGE

10.00-10.45	Kundalini Meditation Carina Ehrnhöfer
10.45-11.15	Longevity Talk Nicole Stark
11.30-12.15	Power Pilates Victoria Mayer
12.15-13.00	Blindfold Yoga Daniela Baumgartner
13.00-13.45	Live Podcast mit Carpe Diem & Christina Bruns
13.45-14.15	Pranayama Theresa Prisslan
14.15-14.45	Mindset Talk Julia Dujmovits
14.45-15.15	Zyklus Talk Krista Handorfer
15.45-16.30	Handstand Masterclass Noah Frehmann
16.30-17.00	Barre Alyssa Auvinen



FLOW AREA

powered by **ERSTE**

10.00-10.45	Dynamic Flow Early Bird Community
11.00-11.45	Acro Yoga Eli & Fabienne
12.00-12.45	Face Yoga Nathalie Romina
13.00-13.45	Chaturanga Katharina Kozel
14.00-14.45	Journaling Nathalie Romina
15.00-15.45	Acro Yoga Eli & Fabienne
16.00-16.45	Unterarmstand Katharina Kozel

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

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	



ENERGY AREA

powered by **nutribullet**

10.00-10.45	Boxing Workshop Fame Boxing
11.00-11.45	Shape x HIIT Bettina Wallisch
12.00-12.45	Boxing Workshop Fame Boxing
13.00-13.45	How to learn flips nutribullet®
14.00-14.45	Core & Strength Core Sports Club
15.00-15.45	HIIT Workout Early Bird Community
16.00-16.45	Core & Strength Core Sports Club

WORKSHOPS

