

Sonntag, 03. Februar 2019

Zeit	Body & Mind Stage – Halle A5	Health & Fitness Area - Halle A6
10:00-10:30	BLACKROLL® meets YOGA	P.I.I.T. by Pierre Ammann
10:30-11:00	Yogaboard Workshop	Body-Training by Bronx Experience
11:00-11:30	BodyMindTherapie by Kale&Cake	Slashpipe® – The Power of Water
11:30-12:00	Bronx Experience Workshop	Max Longrée meets Health & Fitness
12:00-12:30	Prayana Yoga Retreats by Amiena Zylla	HIT Workout by GIBBON Slackline
12:30-13:00	BLACKROLL® MOVES	<i>Pause</i>
13:00-13:30	<i>Pause</i>	<i>Pause</i>
13:30-14:00	BodyMindTherapie by Kale&Cake	Britta Steffen meets Health & Fitness
14:00-14:30	Biohacking by Max Gotzler	
14:30-15:00	Yvette Sports	Body-Training by Bronx Experience
15:00-15:30	BLACKROLL® Training	Kick Power by Pierre Ammann
15:30-16:00	Yogaboard Workshop	Max Longrée meets Health & Fitness
16:00-16:30	Bronx Experience Workshop	Fitness - Challenge

Montag, 04. Februar 2019

Zeit	Body & Mind Stage – Halle A5	Health & Fitness Area - Halle A6
10:00-10:30	BLACKROLL® meets YOGA	P.I.I.T. by Pierre Ammann
10:30-11:00	Yogaboard Workshop	Body-Training by Bronx Experience
11:00-11:30	Acro Yoga by Lucie Beyer	CrossFit Munich
11:30-12:00	Yvette Sports	Max Longrée meets Health & Fitness
12:00-12:30	Liquid Flow Yoga by Simon Park	HIT Workout by GIBBON Slackline
12:30-13:00	BLACKROLL® MOVES	<i>Pause</i>
13:00-13:30	<i>Pause</i>	Miriam Neureuther meets Health & Fitness
13:30-14:00	BodyMindTherapie by Kale&Cake	
14:00-14:30	Liquid Flow Yoga by Simon Park	Body-Training by Bronx Experience
14:30-15:00	Biohacking by Max Gotzler	Max Longrée meets Health & Fitness
15:00-15:30	BLACKROLL® Training	CrossFit Munich
15:30-16:00	Bronx Experience Workshop	Boxing by Ornella Wahner
16:00-16:30	Prayana Yoga Retreats by Thomas Meinhof	Fitness - Challenge



Dienstag, 05. Februar 2019

Zeit	Body & Mind Stage – Halle A5	Health & Fitness Area - Halle A6
10:00-10:30	BLACKROLL® meets YOGA	Ruby Move
10:30-11:00	Yogaboard Workshop	Medizinisches Fitnesstraining by Kerstin Schneehage
11:00-11:30	Acro Yoga by Lucie Beyer	Julius Brink meets Health & Fitness
11:30-12:00	Liquid Flow Yoga by Simon Park	
12:00-12:30	BodyMindTherapie by Kale&Cake	HIT Workout by GIBBON Slackline
12:30-13:00	BLACKROLL® MOVES	<i>Pause</i>
13:00-13:30	<i>Pause</i>	<i>Pause</i>
13:30-14:00	Liquid Flow Yoga by Simon Park	Gina Lückenkemper meets Health & Fitness
14:00-14:30	Kletteryoga by Marius Beyer	
14:30-15:00	Yvette Sports	Ruby Move
15:00-15:30	BLACKROLL® Training	Medizinisches Fitnesstraining by Kerstin Schneehage
15:30-16:00	Prayana Yoga Retreats by Franziska Weinmann	<i>Pause</i>
16:00-16:30	Kletteryoga by Marius Beyer	Fitness - Challenge

Mittwoch, 06. Februar 2019

Zeit	Body & Mind Stage – Halle A5	Health & Fitness Area - Halle A6
10:00-10:30	Liquid Flow Yoga by Simon Park	Nils Schumann meets Health & Fitness
10:30-11:00	BLACKROLL® Training	Medizinisches Fitnesstraining by Kerstin Schneehage
11:00-11:30	Acro Yoga by Lucie Beyer	CrossFit Munich
11:30-12:00	Biohacking by Max Gotzler	Kickboxing by Michaela "Ironmike" Michl
12:00-12:30	Kletteryoga by Marius Beyer	<i>Pause</i>
12:30-13:00	Liquid Flow Yoga by Simon Park	Nils Schumann meets Health & Fitness
13:00-13:30	<i>Pause</i>	Kickboxing by Michaela "Ironmike" Michl
13:30-14:00	Yogaboard Workshop	Medizinisches Fitnesstraining by Kerstin Schneehage
14:00-14:30	Kletteryoga by Marius Beyer	CrossFit Munich
14:30-15:00		Fitness-Challenge