

# BODY & MIND AREA POWERED BY IFAA

	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10:00 ▼ 10:30	<b>Alessandro Pisanu / IFAA</b> Flexibility	<b>Alessandro Pisanu / IFAA</b> Flexibility	<b>Nina Bacher / IFAA</b> SAMMOLAHARI®	<b>Karo Wagner / IFAA</b> Vinyasa Power Yoga
10:30 ▼ 11:00	<b>Karo Wagner / IFAA</b> Vinyasa Power Yoga	<b>Karo Wagner / IFAA</b> Gentle Flow Yoga	<b>Petra Havelkova / IFAA</b> DAYO Dance Yoga – Emotion & Exercise	<b>Petra Havelkova / IFAA</b> DAYO Dance Yoga – Emotion & Exercise
11:00 ▼ 11:30	<b>Steffi Stiefvater / IFAA</b> Pilates Reformer Flow	<b>Leslie Stuart / IFAA</b> Barre Pilates	<b>Steffi Stiefvater / IFAA</b> Pilates Reformer Flow	<b>Karo Wagner / IFAA</b> Yoga meets Pilates
11:30 ▼ 12:00	<b>Stephanie Rebentisch / IFAA</b> Balance Power – Balance Relax	<b>Steffi Stiefvater / IFAA</b> Power Pilates Reformer	<b>Karo Wagner / IFAA</b> Yoga meets Pilates	<b>Stephanie Rebentisch / IFAA</b> Balance Power – Balance Relax
12:00 ▼ 12:30	<b>Alessandro Pisanu / IFAA</b> Flexibility	<b>Alessandro Pisanu / IFAA</b> Postural Flow	<b>Alessandro Pisanu / IFAA</b> Flexibility	<b>Nina Bacher / IFAA</b> BODEGA reflow®
12:30 ▼ 13:00	<b>Petra Havelkova / IFAA</b> DAYO Dance Yoga – Emotion & Exercise	<b>Petra Havelkova / IFAA</b> DAYO Dance Yoga – Emotion & Exercise	<b>Petra Havelkova / IFAA</b> IFAA-Pilates	<b>Alessandro Pisanu / IFAA</b> Flexibility
13:00 ▼ 13:30	<b>Nina Bacher / IFAA</b> SAMMOLAHARI®	<b>Marta Inbar Lasry</b> When Tradition meets Technology	<b>Marta Inbar Lasry</b> When Tradition meets Technology	<b>Petra Havelkova / IFAA</b> IFAA-Pilates
13:30 ▼ 14:00	<b>Leslie Stuart / IFAA</b> Barre Pilates	<b>Leslie Stuart / IFAA</b> Barre Pilates	<b>Steffi Stiefvater / IFAA</b> Power Pilates Reformer	<b>Stephanie Rebentisch / IFAA</b> Yoga on Beat
14:00 ▼ 14:30	<b>Steffi Stiefvater / IFAA</b> Functional Reformer Pilates	<b>Michael Schewitsch / KAATSU</b> Ultimate bio-hack for Longevity	<b>Karo Wagner / IFAA</b> Stress Release Yoga	<b>Nina Bacher / IFAA</b> SAMMOLAHARI®
14:30 ▼ 15:00	<b>Karo Wagner / IFAA</b> Stress Release Yoga	<b>Karo Wagner / IFAA</b> Stress Release Yoga	<b>Karo Wagner / IFAA</b> Vinyasa Power Yoga	<b>Alessandro Pisanu / IFAA</b> Postural Flow
15:00 ▼ 15:30	<b>Alessandro Pisanu / IFAA</b> Postural Flow	<b>Alessandro Pisanu / IFAA</b> Flexibility	<b>Alessandro Pisanu / IFAA</b> Postural Flow	<b>Stephanie Rebentisch / IFAA</b> Balance Power – Balance Relax
15:30 ▼ 16:00	<b>Steffi Stiefvater / IFAA</b> Power Pilates Reformer	<b>Leslie Stuart / IFAA</b> Barre Pilates	<b>Karo Wagner / IFAA</b> Yoga meets Pilates	<b>Petra Havelkova / IFAA</b> DAYO Dance Yoga – Emotion & Exercise
16:00 ▼ 16:30	<b>Petra Havelkova / IFAA</b> IFAA-Pilates	<b>Nina Bacher / IFAA</b> BODEGA moves®	<b>Nina Bacher / IFAA</b> BODEGA moves®	
16:30 ▼ 17:00	<b>Nina Bacher / IFAA</b> BODEGA moves®	<b>Petra Havelkova / IFAA</b> IFAA-Pilates	<b>Karo Wagner / IFAA</b> Gentle Flow Yoga	