



EMPOWER RETREAT TIMETABLE

SONNTAG



07:30-8:00

MONTAG

DIENSTAG

MITTWOCH

09:00-09:50

WELCOME CLASS

MORGENRITUAL

MEDITATION

10:00-10:50

Danceess[®]
AMAZON

FUNCTIONAL
WORKOUT

DEEP WORK
YANG

POPPING
TECHNIK

CARDIO BOOSTER

YOGA

11:00- 11:50

OL HIP HOP

BODYART FLOW

Danceess[®]
Jazz

HIIT-TRAINING

URBAN DANCE

BODYART YING

FREETIME

16:00-16:50

Danceess[®] FUSION

FITNESS HOUSE
DANCE

FUNCTIONAL
WORKOUT

Dafune[®]

17:00-17:50

CARDIO THAI BOXEN

BODYART STRETCH

Danceess[®] SHOW

18:00-18:30

STRETCHING

MEDITATION

BODY ART
YANG

BALLETT
MOBILITY & STRETCH

19:30

EXPERTEN-APÉRO

EXPERTEN-APÉRO

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EMPOWER RETREAT TIMETABLE

DONNERSTAG



FREITAG

SAMSTAG

SONNTAG

07:30-08:00

TABATA

MORGENRITUAL

9:00-09:50

Dafune[®] XL

Danceess[®]
Jazz

BODYART
ON FIRE

10:00-10:50

Danceess[®]
AMAZON

POWER YOGA

Dafune[®] XL

11:00- 11:50

DEEP WORK

BALLETT
WORKOUT

Danceess[®]
MTV

YOGA

FREETIME

16:00 16:50

CABARET
SHOW DANCE

HIIT WORKOUT

BODYART FLOW

17:00-17:50

Danceess[®]

GOOD BYE SESSION

18:00-18:30

STRETCHING & MEDITATION

STRETCHING & MEDITATION

19:30

EXPERTEN-APÉRO

GOODBYE-APÉRO

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