



# Empower Retreat 2020

	So., 4.10.20	Mo., 5.10.20	Di., 6.10.20	Mi., 7.10.20	Do., 8.10.20	Fr., 9.10.20	Sa., 10.10.20				
7:00-7:30			Morgenritual & Meditation Nicole Woods	Morgenritual & Meditation Nicole Woods		Morgenritual & Meditation Nicole Woods					
9:00-9:50		Welcome Class Team Restaurant	DanceSS SHOW Nicole Restaurant	DanceSS MTV Desiree Restaurant		Dafunc XL Nicole Restaurant	DanceSS Babsi Restaurant	Mobility S & R Bojana Roof			
10:00-10:50		DanceSS AMAZON Babsi Restaurant	Functional Workout Desiree Roof	Deep Work Yang Toni Restaurant	Locking Technik Desiree Roof	Cardio Booster Toni Restaurant	Free! Nicole Woods	DanceSS AMAZON Desiree Restaurant	Power Yoga Babsi Roof	Dafunc XL Desiree Restaurant	
11:00-11:50		OL HIP HOP Toni Restaurant	Besser Schlafen Nicole Treffpunkt Bar	DanceSS JAZZ Bojana Restaurant	Leg Workout Desiree Roof	Urban Dance Desiree Restaurant	Stark entscheiden Nicole Woods	Mobility H&F Bojana Restaurant	Mehr Energie Nicole Treffpunkt Bar	DanceSS MTV Bojana Restaurant	Yin Yoga Nicole Woods
16:00-16:50		DanceSS Fusion Nicole Restaurant	Fitness House Dance Toni Restaurant	Sicher in der Unsicherheit Nicole Treffpunkt Bar	Dafunc XL Desiree Restaurant			Free! Nicole Woods	Core Workout Desiree Roof	Mobility Flow Babsi Restaurant	Zufrieden im Alltag Nicole Woods
17:00-17:50		Cardio Thai Boxen Toni Restaurant	Relaxing Flow Bojana Roof	Dafunc XL Bojana Restaurant	Stretching Flow Babsi Roof	DanceSS SHOW Babsi Restaurant	BodyArt Yang Toni Roof			DanceSS JAZZ Babsi Restaurant	Goodbye Session Bollywood alle Restaurant
18:00-18:30		Sunset Stretching Bojana Roof	Sunset Meditation Babsi Roof	Sunset Stretching Toni Roof						Sunset Stretching Babsi Roof	Sunset Spiritual Stretch Nicole Restaurant oder Roof
19:00	Let's meet at the Bar!										
19:30	Bar vor dem Restaurant										Goodbye Apéro Bar vor Restaurant
21:00		Welcome to the Life Junkie Lifestyle Bojana & Nicole Bar vor dem Restaurant			Experten-Talk: Wie mit Energie haushalten? alle Bar vor dem Restaurant						Retreat Chillout alle TBA

Stand August 20. Änderungen vorbehalten.