

LINE UP



KÖRPERCENTRUM FESTIVAL

20 JAHRE KÖRPERCENTRUM



6.6.26

KURSRAUM

REFORMER-RAUM

YOGA-RAUM

MTT-RAUM

TRESEN

HOF

Time	KURSRAUM	REFORMER-RAUM	YOGA-RAUM	MTT-RAUM	TRESEN	HOF
14:00 – 14:30	YOGA & VIOLINE	REFORMER NEWBIES	MALEN MIT SATTBAR	ZIRKEL FIT	BERATUNG ZU PRÄVENTION, PHYSIOTHERAPIE & OSTEOPATHIE	ALMUTS CAFE & CAKE
14:30 – 15:00	PILATES MAT CLASS	PAUSE	WORKSHOP HORMONE	KIDS PARKOUR	BERATUNG ZU PRÄVENTION, PHYSIOTHERAPIE & OSTEOPATHIE	SATTBAR VERKOSTUNG DRINKS & TALK
15:00 – 15:30	HORMONYOGA	REFORMER NEWBIES	MALEN MIT SATTBAR	KIDS YOGA	BERATUNG ZU PRÄVENTION, PHYSIOTHERAPIE & OSTEOPATHIE	ALMUTS CAFE & CAKE MALEN MIT SATTBAR
15:30 – 16:00	ÖFFENTLICHE BALLETPROBE	PAUSE	MALEN MIT SATTBAR	KIDS YOGA	PAUSE	DRINKS & TALK
16:00 – 16:30	BARRE & DEEP BEAT	REFORMER & DEEP BEATS	PAUSE	LIVE TALK CORE TRAINING	BERATUNG ZU PRÄVENTION, PHYSIOTHERAPIE & OSTEOPATHIE	ALMUTS CAFE & CAKE
16:30 – 17:00	PILATES MAT FLOW & DEEP BEAT	PAUSE	DIY LIPPENPFLEGE	CORE TRAINING	BERATUNG ZU PRÄVENTION, PHYSIOTHERAPIE & OSTEOPATHIE	DRINKS & TALK
17:00 – 17:30	YOGA & VOICE	WORKSHOP STRESSMANAGMENT	DIY LIPPENPFLEGE	ZIRKEL FIT	BERATUNG ZU PRÄVENTION, PHYSIOTHERAPIE & OSTEOPATHIE	ALMUTS CAFE & CAKE
18:00 – 18:30	SOUNDBATH		DIY LIPPENPFLEGE			

YOUR JOURNEY

RELAX

Hormonyoga

Workshop Hormone

Workshop Stressmanagement

Crystal Bowl Soundbath

KIDS

Kids Yoga

Kids Parkour

Malen

STRONG

Barre

Pilates (Matte & Reformer)

Core- & Zirkelfit

Workshop Core Training

Workshop Hormone

Workshop Stressmanagement

Workshop Core Training

DIY Lippenpflege

WORKSHOP

Yoga

Hormonyoga

Pilates (Matte &
Reformer)

Workshop Hormone

Workshop
Stressmanagement

Workshop Core Training

Crystal Bowl Soundbath

DIY Lippenpflege

Reformer Pilates

Yoga

WOMENS HEALTH

STRETCH

KOSTENFREI/ AUF SPENDENBASIS

ANMELDUNG

SCANEN & SLOT BUCHEN

