



	DI   TU 9.5.23		MI   WE 10.5.23		DO   TH 11.5.23		FR   FR 12.5.23		SA   SA 13.5.23	
	LYKIA ARNNA <small>former Event Area</small>	LYKIA BEACH	LYKIA ARNNA <small>former Event Area</small>	LYKIA BEACH	LYKIA ARNNA <small>former Event Area</small>	LYKIA BEACH	LYKIA ARNNA <small>former Event Area</small>	LYKIA BEACH	LYKIA ARNNA <small>former Event Area</small>	LYKIA BEACH
<b>08:00 - 08:30</b>				<b>Good Morning Lykia</b> Evelyn <i>Yoga</i>		<b>Good Morning Lykia</b> Annkay <i>Yoga</i>		<b>Good Morning Lykia</b> Alina <i>Mobility Flow</i>		<b>Good Morning Lykia</b> Evelyn <i>Yoga</i>
<b>09:30 - 10:20</b>	<b>Come and join us!</b> <b>Meet the Team</b> 09:45 - 10:15 <i>Liberty Adults Only Theatre</i>		<b>Latin Dance</b> Alina <i>Dance</i>	<b>Booty Workout</b> Nicole <i>Strength Workout</i>	<b>Easy Peasy Latin Party</b> Nicole <i>Dance</i>	<b>Deep Workout</b> Sergej <i>Full Body Workout</i>	<b>Step Variations</b> Martin <i>Step</i>	<b>Pilates</b> AnnKay <i>Pilates</i>	<b>Step asymmetrical</b> Martin <i>Step</i>	<b>Holistic Stress Release</b> Sarah <i>Full Body Training „Painfree“</i>
<b>10:30 - 11:20</b>	<b>Step4all</b> Esben <i>Step</i>	<b>Core Mobility</b> Marco & Sergej <i>Strength Workout</i>	<b>Step</b> Martin <i>Step</i>	<b>Body Shape Symphonic</b> Esben <i>Full Body Workout</i>	<b>Step</b> Mathias <i>Step</i>	<b>Painfree Backtraining</b> Marco <i>Spine Workout</i>	<b>Jane Fonda Disco Aerobics</b> Esben <i>Dance</i>	<b>Functional Movement</b> Marco <i>Functional Training</i>	<b>Salsa Ladystyling</b> AnnKay <i>Dance</i>	<b>Healthy Backs</b> Mathias <i>Spine Workout</i>
<b>11:40 - 12:30</b>	<b>KamiBo®</b> Michael + Alina <i>Athletic Martial-Arts Workout</i>	<b>Pilates</b> Nicole <i>Pilates</i>	<b>Dance Party</b> Michael <i>Dance</i>	<b>Flow Fusion</b> Sergej <i>Mobility Flow</i>	<b>Dance Aerobica</b> Martin <i>Aerobic / Dance</i>	<b>Yoga</b> Sarah <i>Yoga</i>	<b>KamiBo®</b> Sergej <i>Athletic Martial-Arts Workout</i>	<b>Holistic Schultern + Rücken</b> Sarah <i>Upper Body Training „Painfree“</i>	<b>KamiBo®</b> Michael + Alina <i>Athletic Martial-Arts Workout</i>	<b>Mobility Workout</b> Nicole <i>Mobility Workout</i>
<b>15:00 - 15.50</b>	<b>Dance Aerobics</b> Mathias <i>Aerobic / Dance</i>	<b>Holistic Hüfte &amp; Knie</b> AnnKay + Sarah <i>Lower Body Training „Painfree“</i>	<b>Boost the Beast</b> Marco <i>HITT Functional Training</i>	<b>Functional Mobility</b> AnnKay <i>Mobility Training</i>	<b>Functional Bodystep</b> Esben <i>Full Body Workout</i>	<b>Body Flow</b> Michael + AnnKay <i>Full Body Workout Flow</i>	<b>Step Easy</b> Mathias <i>Step</i>	<b>Women's Workout</b> Nicole <i>Full Body Women Workout</i>	<b>Energy Class</b> Esben <i>Cardio Workout</i>	<b>Booty Workout</b> Sergej & Marco <i>Lower Body Workout</i>
<b>16:00 - 17:15</b>	<b>Flow Body Workout &amp; Sun Down Stretch</b> Martin <i>Full Body Workout</i>	<b>Open Your Heart &amp; Relax</b> Evelyn <i>Yoga</i>	<b>HiLo Aerobics &amp; Sundown Stretch</b> Mathias <i>Aerobic</i>	<b>Vinyasa Power Yoga &amp; Relax</b> Sarah <i>Yoga</i>	<b>Classic Aerobics &amp; Sundown Stretch</b> Alina <i>Aerobic</i>	<b>Let Go &amp; Relax</b> Evelyn <i>Yoga</i>	<b>Dance Aerobic &amp; Sundown Stretch</b> Sergej <i>Dance</i>	<b>365 ° &amp; Relax</b> Michael <i>Athletic &amp; Qi Gong Flow</i>		<b>Best of the week [Finale] Team</b>
	<b>19:15</b> <b>Welcome Party Cocktails n More</b> Liberty Beach Bar		<b>22:30</b> <b>Let's Have a Party - Linedance</b> Liberty Bar							





	DI   TU 10.5.22		MI   WE 11.5.22		DO   TH 12.5.22		FR   FR 13.5.22		SA   SA 14.5.22	
	LYKIA BEACH	LYKIA EVENT AREA	LYKIA BEACH	LYKIA EVENT AREA	LYKIA BEACH	LYKIA EVENT AREA	LYKIA BEACH	LYKIA EVENT AREA	LYKIA BEACH	LYKIA EVENT AREA
08:00 - 08:30				Wake Up Yoga Evelyn <i>Yoga</i>		Wake Up Yoga Annkay <i>Yoga</i>		Good Morning Lykia Esben <i>Stretch</i>		Wake up Yoga Evelyn <i>Yoga</i>
09:30 - 10:20	Come and join us! Meet the Team 09:45 - 10:15 Liberty Adults Only Theatre		POP DANCE Natascha <i>Dance</i>	Neuro Mobility Training Marco <i>Mobility Training</i>	Easy Latin Dance Nicole <i>Dance</i>	Classical Bodyshape Esben <i>Full Body Workout</i>	Step Variations Martin <i>Step</i>	Vinyasa Flow Sarah <i>Yoga</i>	Designer Step Neil <i>Step</i>	Booty Workout Sergey & Marco <i>Lower Body Workout</i>
10:30 - 11:20	Easy Happy Step Esben <i>Step</i>	Athletic Workout Michael <i>Full Body Workout</i>	Step meets Waltz Martin <i>Step</i>	ABS Michael <i>Abdominal Workout</i>	Step-by-Step Neil <i>Step</i>	Functional Movement Strength Marco <i>Strength Workout</i>	House Dance Michael <i>Dance</i>	Women's Workout Nicole <i>Full Body Women Workout</i>	KamiBo® Michael <i>Athletic Martial-Arts Workout</i>	Energy Flow Annkay <i>Yoga</i>
11:40 - 12:30	Boost Your Beast® Marco <i>Functional Training HITT</i>	Embrace the Moment - Yoga Evelyn <i>Yoga</i>	Easy Happy Dance Esben <i>Dance</i>	Holisticsana Hüfte & Knie Ankay & Sarah <i>Lower Body Training „Painfree“</i>	Mama Mia Natascha <i>Dance</i>	Your Best Life! Lexie <i>Seminar Liberty Adults Only Silent Room</i>	KamiBo® Sergey <i>Athletic Martial-Arts Workout</i>	Holisticsana Hüfte & Knie Annkay & Sarah <i>Lower Body Training „Painfree“</i>	A-Step Martin <i>Step</i>	Mobility Nicole <i>Mobility Training</i>
15:00 - 15:50	Dance Aerobics Martin <i>Aerobic / Dance</i>	Holisticsana Schulter & Rücken Annkay & Sarah <i>Upper Body Training „Painfree“</i>	KamiBo® Michael <i>Athletic Martial-Arts Workout</i>	Flow Fusion Sergej <i>Mobility Flow</i>	Flow Body Workout. Martin <i>Full Body Workout</i>	Back Workout Michael <i>Spine Workout</i>	Groove Fx Neil <i>Dance</i>	Yin Yang Flow Michael <i>Mobility Workout</i>	Tango Aerobic Dance Natascha <i>Dance</i>	Holisticsana Stress Release Annkay & Sarah <i>Full Body Training „Painfree“</i>
16:00 - 16:50	London Calling Neil <i>Step</i>	Booty Workout Nicole <i>Lower Body Workout</i>	HiLo ReWorked Neil <i>Aerobic</i>	Pilates Nicole <i>Pilates</i>	Functional Bodystep Esben <i>Full Body Workout</i>	Pilates Flow Sergey <i>Pilates</i>	Easy Happy Step Esben <i>Step</i>	Healthy Backs Marco <i>Spine Workout</i>	Functional Flow Body Workout Martin <i>Full Body Workout</i>	Lykialates Esben <i>Pilates</i>
17:00 - 17:50	Dance with your Heart Natascha <i>Dance</i>	Pilates Sergey <i>Pilates</i>	Latino Vibes Natascha <i>Dance</i>	Urban Yoga Flow Evelyn <i>Yoga</i>	Thriller Neil <i>Dance Aerobics</i>	Holisticsana Schulter & Rücken Annkay & Sarah <i>Upper Body Training „Painfree“</i>	Burlesque Natascha <i>Dance</i>	Yoga Slow Down Evelyn <i>Yoga</i>	Best of the week [Finale] Team	Änderungen möglich / subject to change
19:15	Welcome Party Cocktails n More Liberty Beach Bar									
22:30	Let's Have a Party - Linedance Liberty Bar									

EXTRA

EXTRA 13.5. Event Area 14:30-15:00 Seminar STRONG KITCHEN mit Marc Rohde

20.4.2022





	DI   TU 10.5.22		MI   WE 11.5.22		DO   TH 12.5.22		FR   FR 13.5.22		SA   SA 14.5.22	
	LYKIA BEACH	LYKIA EVENT AREA	LYKIA BEACH	LYKIA EVENT AREA	LYKIA BEACH	LYKIA EVENT AREA	LYKIA BEACH	LYKIA EVENT AREA	LYKIA BEACH	LYKIA EVENT AREA
08:00 - 08:30				Wake Up Yoga Evelyn <b>MATS</b>		Wake Up Yoga Annkay <b>MATS</b>		Good Morning Lykia Esben <b>MATS</b>		Wake up Yoga Evelyn <b>MATS</b>
09:30 - 10:20	Come and join us! Meet the Team 09:45 - 10:15 Liberty Adults Only Theatre <b>MUSIC - MICS</b>		POP DANCE Natascha  Dance	Neuro Mobility Training Marco Mobility Training <b>MATS</b>	Easy Latin Dance Nicole Dance	Classical Bodyshape Esben Full Body Workout <b>MATS</b>	Step Variations Martin  Step	Vinyasa Flow Sarah  Yoga <b>MATS</b>	Designer Step Neil  Step <b>STEPS</b>	Booty Workout Sergey & Marco  Lower Body Workout <b>MATS</b>
10:30 - 11:20	Easy Happy Step Esben  <b>STEPS</b>	Athletic Workout Michael  <b>MATS</b>	Step meets Waltz Martin  <b>STEPS</b>	ABS Michael  <b>MATS</b>	Step-by-Step Neil  <b>STEPS</b>	Functional Movement Strength Marco <b>MATS</b>	House Dance Michael  -	Women's Workout Nicole  <b>MATS</b>	KamiBo® Michael  -	Energy Flow Annkay  <b>MATS</b>
11:40 - 12:30	Boost Your Beast® Marco -	Embrace the Moment - Yoga Evelyn <b>MATS</b>	Easy Happy Dance Esben -	Holisticsana Hüfte & Knie Ankay & Sarah <b>MATS</b>	Mama Mia Natascha -	Your Best Life! Lexie  Seminar equipment Liberty Adults Only Silent Room	KamiBo® Sergey -	Holisticsana Hüfte & Knie Annkay & Sarah <b>MATS</b>	A-Step. Martin  <b>STEPS</b>	Mobility Nicole  <b>MATS</b>
15:00 - 15:50	Dance Aerobics Martin -	Holisticsana Schulter & Rücken Annkay & Sarah <b>MATS</b>	KamiBo® Michael -	Flow Fusion Sergej  <b>MATS</b>	Flow Body Workout. Martin -	Back Workout Michael  <b>MATS</b>	Groove Fx Neil -	Yin Yang Flow Michael  <b>MATS</b>	Tango Aerobic Dance Natascha -	Holisticsana Stress Release Annkay & Sarah <b>MATS</b>
16:00 - 16:50	London Calling Neil  <b>STEPS</b>	Booty Workout Nicole  <b>MATS</b>	HiLo ReWorked Neil -	Pilates Nicole  <b>MATS</b>	Functional Bodystep Esben <b>STEPS</b>	Pilates Flow Sergey  <b>MATS</b>	Easy Happy Step Esben  <b>STEPS</b>	Healthy Backs Marco  <b>MATS</b>	Functional Flow Body Workout Martin -	Lykialates Esben  <b>MATS</b>
17:00 - 17:50	Dance with your Heart Natascha -	Pilates Sergey  <b>MATS</b>	Latino Vibes Natascha -	Urban Yoga Flow Evelyn  <b>MATS</b>	Thriller Neil -	Holisticsana Schulter & Rücken Annkay & Sarah <b>MATS</b>	Burlesque Natascha -	Yoga Slow Down Evelyn  <b>MATS</b>	Best of the week [Finale] Team	Änderungen möglich / subject to change
19:15	Welcome Party Cocktails n More Liberty Beach Bar									
22:30	Let's Have a Party - Linedance Liberty Bar									

