MUSIC

DONNERSTAG

NEW HAVN
- 18:00 - 18:30 GOLDIE 333
- 19:10 - 20:00 HINTERLANDGANG
- 20:40 - 21:35 MILLENIUMKID
- 22:35 - 00:10 KAFFKIEZ

RÄUBERHÖHLE
- 22:00 - 00:00 ELLA
- 00:00 - 02:00 RANGO B2B HANS HAMMER
- 02:00 - 04:00 KYCYC
- 04:00 - 06:00 SURREAL B2B SVEN

STRAND
- 15:00 - 18:00 MHP
- 18:00 - 20:00 ALI E.
- 20:00 - 22:00 KARETE BU

MOULIN KNUTSCH
- 18:00 - 20:00 MONI & BERND
- 20:00 - 22:00 F-GANG & JAENK
- 22:00 - 00:00 ALEX MAHNKE
- 00:00 - 02:00 PAULETTE
- 02:00 - 04:00 PAUL TEBMER

LA PLAZA
- 16:40 - 17:30 LES BUMMS BOYS
- 18:35 - 19:20 TEMMIS
- 20:10 - 20:45 MIKA NOE
- 21:30 - 22:20 CEREN
- 22:30 - 00:00 WILDERICH
- 00:00 - 01:15 PARAÇEK
- 01:20 - 02:45 THE JÁKOB SISTER
- 02:45 - 04:15 RAVERPIK

TANTE EMMA
- 14:00 - 15:45 ECONOMYCLAAS
- 16:00 - 18:00 DATIV LINDKEKS
- 18:00 - 19:30 CREUZI & LONZ
- 19:30 - 20:30 MAKA
- 20:30 - 21:30 ZEYLOW & NEBENSACHEN
- 21:30 - 22:30 IDA
- 22:30 - 00:00 CORIOS
- 00:00 - 01:30 UREM
- 01:30 - 03:00 NINO
- 03:00 - 04:30 ÜBERHAUPT & AUßERDEM
- 04:30 - 06:00 DJ GIGI
- 06:00 - 08:00 FABIAN SCHALL

LITTLE HOUSE OF CUBA
- 19:45 - 20:45 LOENNI
- 21:00 - 05:00 LASER LUDI

FREITAG

NEW HAVN
- 17:00 - 17:50 HERBST
- 18:30 - 19:10 PANICBABY
- 19:40 - 20:30 RITTER LEAN
- 21:00 - 22:00 FILOW
- 22:40 - 00:00 GIANT ROOKS
- 00:30 - 01:40 PA69

RÄUBERHÖHLE
- 22:00 - 23:30 FEMMZY
- 23:30 - 01:00 BABA THE KNIFE
- 01:00 - 02:30 MOONBOOTICA
- 02:30 - 04:00 NO.MADS B2B KUESTENKLATSCH
- 04:00 - 05:30 TEENAGE MUTANTS
- 05:30 - 07:00 ROMAN ADAM

STRAND
- 12:00 - 14:00 LOWRENZO
- 14:00 - 16:00 ETIENNETTE
- 16:00 - 18:00 HANNIE PHI
- 18:00 - 20:00 NADINE
- 20:00 - 22:00 SARAH WILD

MOULIN KNUTSCH
- 19:00 - 21:00 HIGH.Z
- 21:00 - 23:00 PLATTENALI
- 23:00 - 01:00 NICONÉ
- 01:00 - 03:00 PRISMODE & SOLVANE
- 03:00 - 05:00 FILLY GRAN

LITTLE HOUSE OF CUBA
- 20:00 - 05:00 SCHWUPPENEXPRESS

LA PLAZA
- 16:20 - 17:00 LAURENZ NIKOLAUS
- 18:00 - 18:40 MAGDA
- 19:10 - 20:00 YUNG PEPP
- 20:30 - 21:20 JOJE
- 21:30 - 22:45 SARAH4K
- 23:00 - 00:30 JANIS ZIELINSKI
- 00:30 - 02:00 BAD BOOMBOX
- 02:00 - 03:30 DJ HYPERDRIVE B2B MIJA
- 03:30 - 04:30 AEREA LIVE
- 04:30 - 06:00 FUTURE.666

TANTE EMMA
- 12:00 - 13:00 DJ SCHAUMMAUS B2B JO MÄGIK
- 13:00 - 14:00 FLORA LIVE
- 14:00 - 15:00 HELLARICH
- 15:00 - 15:45 FREDDY
- 16:00 - 16:45 LAURA NAHR
- 17:00 - 18:00 BIG TIME CRUSH
- 18:00 - 19:30 BRISE
- 19:30 - 20:30 NEOMINT
- 20:30 - 21:30 LIRICA
- 21:30 - 22:30 SAM AROHA
- 22:30 - 00:00 HOP'N HONEY
- 00:00 - 01:30 DUHANA
- 01:30 - 03:00 FRANZ-FRÜHLICHT
- 03:00 - 04:00 DJ BIG SIP
- 04:00 - 05:00 ROB BANANA
- 05:00 - 06:00 NO MADS
- 06:00 - 07:00 DJILLWAY
- 07:00 - 08:00 PAULII B2B DORIA

WEINBAR
- 18:00 - 19:00 CARL8BERG LIVE
- 19:00 - 20:00 SEKTFRÜHSTÜCK

SAMSTAG

NEW HAVN
- 17:30 - 18:20 KASI
- 19:00 - 20:30 BUNT.
- 21:00 - 22:20 SOULY
- 23:00 - 00:00 IKKIMEL
- 00:30 - 01:30 ZACKAVELLI

RÄUBERHÖHLE
- 22:00 - 00:00 MARYLINE K
- 00:00 - 01:30 EPHY PINKMAN
- 01:30 - 03:00 TWO GIRLS ONE MOM
- 03:00 - 05:00 CARGO
- 05:00 - 07:00 SABU!

STRAND
- 14:00 - 16:00 BONJOUR BEN
- 16:00 - 18:00 ANTJA
- 18:00 - 20:00 NAOMI
- 20:00 - 22:00 JOHANNES ALBERT

MOULIN KNUTSCH
- 20:00 - 22:00 RECOVERY.ISSUE
- 22:00 - 00:00 NADENISGUT
- 00:00 - 02:00 JAN OBERLAENDER
- 02:00 - 04:00 FLINK & WILLIG
- 04:00 - 06:00 SAARWERK

LA PLAZA
- 16:45 - 17:30 FREDRIK
- 18:30 - 19:15 LOVEHEAD
- 20:15 - 21:15 DILLA
- 22:20 - 22:50 KIARABABA
- 23:00 - 00:30 DJ CRINGEY
- 00:30 - 02:00 DJ DRECKISCH
- 02:00 - 03:30 SCHROTTHAGEN
- 03:30 - 05:00 LISTORIO

TANTE EMMA
- 12:00 - 12:45 FASTER DISASTER
- 13:00 - 13:45 DIE SCHEPPERKÖRNER
- 14:00 - 14:45 YUNG AK
- 15:00 - 15:45 BASEMENTSOUNDSYSTEM
- 15:45 - 16:15 RENARD
- 16:25 - 17:30 VAUH
- 17:30 - 19:00 SUNSHINESPICE
- 19:00 - 20:00 YSKA & LENN.ART
- 21:00 - 22:00 TTT
- 22:00 - 23:00 PEET.FLOWER
- 23:00 - 00:00 MARI OVER
- 00:00 - 01:30 FLORA
- 01:30 - 02:30 RIICE.RECORDS
- 02:35 - 04:00 CLUBMB
- 04:00 - 06:00 BENJEBENG
- 06:00 - 08:00 STAMPFATTACKE

LITTLE HOUSE OF CUBA
- 21:00 - 00:00 BAUPARTY
- 00:30 - 08:00 SCHWUPPENEXPRESS

SO

TANTE EMMA
- 12:00 - 12:45 JONI SPOON
- 13:00 - 13:45 VENCINT
- 14:00 - 15:30 HANNA & EINER
- 15:00 - 16:00 PAPPENHEINER & FRIENDS

WEINBAR
- 10:00 - 12:00 SEKTFRÜHSTÜCK

SPORTS

DONNERSTAG

FREIRAUM
- 13:00 - 14:00 KRAFT Intervalle
- 14:00 - 15:00 KRAFT Hangout
- 17:00 - 18:00 Akro-Yoga Beginner

NIKE TRAINING GROUND
- 14:00 - 14:30 Mobility & Welcome
- 14:45 - 15:15 Hybrid Training I
- 15:30 - 16:00 Hybrid Training II
- 16:15 - 16:45 Strength Training I
- 17:00 - 17:30 Strength Pilates
- 17:45 - 18:15 Golden-Hour Movement
- 18:45 - 19:15 Dance Workout

ROLLSCHUHBAHN
- 15:00 - 16:30 Street Skate Beginner
- 16:00 - 18:00 Freies Skaten - Balance und Fundamentals lernen
- 18:00 - 19:00 Choreo *Workshop*

SPORTWIESE
- 15:00 - 19:00 Beachvolleyball freies Spiel
- 15:00 - 19:00 Roundnet freies Spiel
- 15:30 - 16:30 Footvolley Beginner
- 16:00 - 18:30 Gipfelstürmer Halbfinale
- 16:30 - 17:30 Beach Training

VORPLATZ
- 16:00 - 17:00 Basic Trampolin
- 17:30 - 18:30 Basic Backflip

FUßBALLFELD
- 18:00 - 19:00 Flag Football

OASE MOND
- 12:30 - 13:00 Flex dich frei

PÜTNITZER DREIECK
- 11:00 - 13:00 Beergymnastics
- 15:00 - 16:00 Dance Team
- 15:00 - 16:30 Surfskate Welle
- 15:30 - 16:30 BMX Pumptrack
- 16:00 - 17:00 Basketball Beginner
- 16:45 - 17:45 BMX Basics
- 17:00 - 18:00 Surfskate Flatground
- 17:00 - 18:00 Basketball Fortgeschrittene
- 18:00 - 19:00 BMX Beer4Tricks *Contest*

SKATEPARK
- 11:30 - 16:00 Open Park
- 16:00 - 17:00 Skate Basic
- 17:00 - 18:00 Freestyle Skate
- 19:00 - 20:30 Skate Games *Contest/Show*
- 20:30 - 21:00 Freestyle Skate *Show*
- 21:00 - 23:15 After Skate Hangout

SPIEGELKUGELWALD
- 17:00 - 18:00 Slackline Basics

WASSERWELT
- 15:00 - 19:00 SUP Verleih
- 15:00 - 16:00 Wingsurfen
- 16:00 - 19:00 Pumpfoil Open Round
- 16:00 - 17:00 Windsurfen
- 17:00 - 18:00 Wingsurfen

FREITAG

FREIRAUM
- 10:30 - 11:30 Akro-Yoga Beginner
- 12:00 - 13:00 Akro-Yoga Intermediate
- 13:00 - 14:00 KRAFT Intervalle
- 13:30 - 15:00 AkroVenture *Contest*
- 14:00 - 15:00 KRAFT Hangout
- 15:30 - 16:30 Akro-Yoga Flowy

NIKE TRAINING GROUND
- 10:00 - 10:30 Morning Mobility & Pilates
- 10:45 - 11:15 Hybrid Training I
- 11:30 - 12:00 Hybrid Training II
- 13:00 - 13:30 Strength Pilates I
- 13:45 - 14:15 Strength Pilates II
- 14:30 - 15:00 Strength II
- 15:15 - 15:45 Hybrid Training III
- 16:00 - 16:30 Hybrid Training IV
- 16:45 - 17:30 HIIT
- 18:00 - 18:30 Pilates Flow
- 18:45 - 19:15 Dance Workout

OASE SONNE
- 09:00 - 09:30 Flex dich frei

RÄUBERHÖHLE
- 10:30 - 11:30 FLINTA* Boxen
- 12:00 - 13:00 FLINTA* Boxen
- 13:30 - 14:30 FLINTA* Boxen

ROLLSCHUHBAHN
- 10:30 - 12:00 Street Skate Beginner
- 12:30 - 13:30 Drift Skate JMK
- 14:30 - 15:30 FLINTA* Session
- 15:30 - 17:00 Jam Skating Dance
- 17:30 - 19:00 Freies Skaten: Balance und Fundamentals lernen

SPORTWIESE
- 10:00 - 11:00 Beach Training
- 10:00 - 19:00 Roundnet freies Spiel
- 10:30 - 11:30 Footvolley Beginner
- 11:00 - 12:00 Beach Training
- 11:00 - 13:00 Gipfelstürmer Finale
- 11:30 - 15:30 Sandsturm Gruppenphase *Contest*
- 13:00 - 14:00 Footvolley Beginner
- 15:00 - 16:00 Bouldern
- 15:30 - 16:30 Fallrückzieher *Contest*
- 16:00 - 17:00 Beach Training
- 16:15 - 17:15 Bouldern
- 17:30 - 18:30 Bouldern Intermediate

VORPLATZ
- 11:00 - 12:00 FLINTA* Basic Trampolin
- 13:30 - 14:00 Trampolin Show
- 14:30 - 15:30 Basic Backflip
- 16:00 - 17:00 Basic Trampolin

FUßBALLFELD
- 10:30 - 11:30 Flag Football
- 10:30 - 12:00 Cheerleading *Workshop*
- 11:00 - 18:00 Pangea WM
- 12:00 - 13:00 Cheerleading *Workshop*
- 12:00 - 13:00 Flag Football
- 14:00 - 15:30 Cheerleading *Workshop*
- 17:00 - 17:15 Halftimeshow Cheerleading

PÜTNITZER DREIECK
- 10:00 - 11:00 BMX Kids Workshop
- 10:30 - 11:30 Basketball PickUp Playground
- 11:00 - 12:30 Surfskate Welle
- 11:00 - 13:00 Beergymnastics
- 11:30 - 12:30 Parkour Basics
- 11:30 - 13:00 Griffness Cheerdance *Workshop*
- 13:00 - 14:00 Danceteam
- 13:30 - 14:30 BMX Pumptrack
- 14:00 - 15:00 Surfskate Flatground
- 14:00 - 16:00 Basketball 3x3 Turnier
- 14:45 - 15:45 BMX Basics
- 15:30 - 17:00 Surfskate Welle
- 16:00 - 17:00 Basketball 3er Contest
- 16:00 - 17:00 BMX Basics
- 17:15 - 18:15 FLINTA* BMX Basics
- 17:30 - 18:30 Surfskate Flatground
- 19:00 - 20:00 Surfskate Beer4Tricks
- 20:00 - 21:00 Sunset Surfskate Session

SKATEPARK
- 10:00 - 11:00 Skate Kids *Workshop*
- 10:00 - 11:00 Freestyle Skate *Workshop*
- 11:30 - 12:30 FLINTA* Skate
- 13:00 - 14:00 Skate Basics
- 14:30 - 15:30 Skate Basics
- 15:30 - 18:45 Open Park
- 17:30 - 18:30 Freestyle Skate *Workshop*
- 19:00 - 21:30 BMX Street *Contest/Show*

SPIEGELKUGELWALD
- 10:30 - 11:30 Slackline Basics
- 12:00 - 13:00 Slackline Buttbounce
- 15:30 - 16:30 Slackline Static
- 17:00 - 18:00 Slackline Basics

WASSERWELT
- 10:00 - 19:00 SUP Verleih
- 11:30 - 12:30 Wingsurf
- 12:00 - 14:30 Pumpfoil Open Round
- 12:30 - 13:30 Windsurfen
- 13:30 - 14:30 Parawing
- 14:30 - 15:30 Wingsurfen
- 15:00 - 17:30 Pumpfoil Open Round
- 15:30 - 16:30 Windsurfen
- 18:00 - 19:00 Wer foilt am längsten?
- 19:30 - 21:00 Winch Wakeboard *Show*

SA

FREIRAUM
- 10:30 - 11:30 Akro-Yoga Beginner
- 12:00 - 13:00 Akro-Yoga Intermediate
- 13:30 - 14:45 Handstand *Workshop*
- 15:00 - 18:00 KRAFT Schnitzel Jagen
- 15:30 - 16:30 Akro-Yoga Standing
- 17:00 - 18:00 Akro-Yoga Flowy

ROLLSCHUHBAHN
- 11:00 - 12:30 Street Skate Beginner
- 13:00 - 14:00 Drift Skate JMK
- 14:30 - 15:30 FLINTA* Session
- 16:00 - 17:30 Freies Skaten: Balance und Fundamentals lernen
- 18:00 - 19:00 Dance Jam Skating

SAMSTAG

FUßBALLFELD
- 10:30 - 11:30 Cheerleading *Workshop*
- 11:00 - 12:00 Flag Football
- 12:00 - 13:00 Flag Football *Contest*
- 12:00 - 13:30 Cheerleading *Workshop*
- 13:30 - 15:00 Cheerleading *Workshop*

OASE SONNE
- 09:00 - 09:30 Flex dich frei

PÜTNITZER DREIECK
- 10:00 - 11:00 BMX Basic
- 10:00 - 11:00 Danceteam
- 11:00 - 12:00 Surfskate Flatground
- 11:00 - 13:00 Beergymnastics
- 11:30 - 12:30 Parkour Basics
- 12:15 - 13:15 BMX Pumptrack
- 12:30 - 13:30 Basketball Mixed Practice
- 12:30 - 14:30 1vs.1Cage Fußballturnier
- 13:00 - 14:30 Surfskate Welle
- 14:00 - 15:00 BMX Best Trick & Jam *Contest/Show*
- 14:00 - 15:00 Basketball Dunk Contest
- 14:30 - 15:30 Parkour Basics
- 15:00 - 16:00 Surfskate Show
- 15:30 - 16:30 BMX Basic
- 15:30 - 16:30 Basketball All Star Game
- 16:30 - 17:30 Surfskate Flatground

SPORTWIESE
- 10:00 - 10:45 Bouldern Kids
- 10:00 - 11:00 Beach Training
- 10:00 - 11:00 Footvolley Beginner
- 10:00 - 13:00 Roundnet freies Spiel
- 11:00 - 12:00 Bouldern
- 11:00 - 12:00 Beach Training
- 11:00 - 12:00 Footvolley Beginner
- 11:30 - 13:30 Sandsturm Viertelfinale
- 13:00 - 16:00 Copacabana Cup
- 13:00 - 18:00 Roundnet Heat Turnier
- 14:00 - 15:00 Bouldern Intermediate
- 15:15 - 16:15 Bouldern
- 16:30 - 17:30 Bouldern Intermediate
- 17:00 - 19:00 Sandsturm Halb- & Finale *Contest*
- 18:00 - 19:00 Roundnet freies Spiel

NIKE TRAINING GROUND
- 10:00 - 10:30 Morning Mobility & Breathwork
- 10:45 - 11:15 Hybrid Training I
- 11:30 - 12:00 HIIT
- 13:00 - 13:30 Strength Pilates I
- 13:45 - 14:15 Strength Pilates II
- 14:30 - 15:00 Strength Circuit I
- 15:15 - 15:45 Strength Circuit II
- 16:00 - 16:30 Hybrid Training II
- 16:45 - 17:30 Hybrid Training III
- 18:00 - 18:30 Pilates Flow
- 18:45 - 19:15 Dance Workout

SKATEPARK
- 10:00 - 11:00 Freestyle Skate *Workshop*
- 10:00 - 11:00 Skate Kids
- 11:30 - 12:30 Skate Basic
- 13:00 - 14:00 Skate Basic
- 14:30 - 15:30 Skate FLINTA*
- 16:00 - 18:00 friedaily Skate Circus *Show*

SPIEGELKUGELWALD
- 10:30 - 11:30 Slackline Basics
- 12:00 - 13:00 Slackline Buttbounce
- 13:30 - 15:00 Balanceact *Contest*
- 15:30 - 16:30 Slackline Basics

VORPLATZ
- 11:00 - 12:00 Basic Trampolin
- 12:30 - 13:00 Trampolin Show
- 15:00 - 16:00 Basic Trampolin Backflip
- 16:30 - 17:00 Basic Trampolin

WASSERWELT
- 10:00 - 19:00 SUP Verleih
- 11:00 - 12:00 Pumpfoil Open Round
- 12:00 - 14:00 Windsurfen
- 14:30 - 15:30 Pumpfoil Open Round
- 15:30 - 16:30 Windsurfen
- 16:00 - 17:00 Pumpfoil Open Round
- 16:30 - 17:30 Wingsurf
- 18:00 - 19:00 Wer foilt am längsten?
- 17:00 - 18:00 Kite Show

SONNTAG

FREIRAUM
- 09:00 - 10:00 KRAFT Social Run
- 11:00 - 13:00 Open Akro Jam

NIKE TRAINING GROUND
- 10:00 - 10:30 Morning Mobility
- 10:45 - 11:15 Strong Flow
- 11:30 - 13:00 Hybrid Training I
- 13:00 - 13:30 Hybrid Training II
- 13:45 - 14:15 Hybrid Training III
- 14:30 - 15:00 Sunday Wind-down

SPIEGELKUGELWALD
- 11:00 - 13:00 Noch im Gleichgewicht?

SPORTWIESE
- 10:00 - 10:45 Boulder Kids *Workshop*
- 10:00 - 11:00 Roundnet freies Spiel
- 10:00 - 11:30 Ruhe nach dem Sturm *Contest*

FUßBALLFELD
- 11:00 - 12:30 Cheerleading

SKATEPARK
- 10:30 - 11:30 Freestyle Skate *Workshop*
- 10:30 - 11:30 Skate Kids *Workshop*
- 11:30 - 13:00 SKATE Award Ceremony
- 13:00 - 19:00 Hydration Session 4 all

VORPLATZ
- 11:00 - 12:00 Last (Back-)Flip *Workshop*

WASSERWELT
- 10:00 - 15:00 SUP Verleih
- 10:15 - 11:15 Pumpfoil Open Round
- 12:00 - 13:00 Wingsurf
- 13:00 - 14:00 Windsurfen

CULTURE

DONNERSTAG

AM WÄLDCHEN
- 15:00 - 20:00 Henna Artist
- 15:00 - 17:00 Sticke deine boobiebag
- 16:00 - 18:00 Blumen aus Krepppapier
- 18:00 - 20:00 Fesselnde Recycling
- 17:30 - 18:30 Henna *Workshop*
- 17:30 - 19:00 Hot & Spicy
- 18:45 - 19:45 Henna *Workshop*

FUTURE NOMAD STAGE
- 15:00 - 16:30 Projekt Hoffnung - Holen wir uns unsere Zukunft zurück *Talk/Kino*
- 16:45 - 18:45 Erfinde dich neu *Workshop*

KARAOKEBAR BY ESTRELLA DAMM
- 14:45 - 16:15 Saltwater Surf Movie Night

LA PLAZA
- 14:15 - 15:30 Cheerdance mit den Griffiness *Workshop*

OASE MOND
- 13:00 - 14:00 Vinyasa Class
- 16:30 - 17:30 Yin Deep Reset & Release
- 18:00 - 19:30 The Sober Couriosity Club

ATELIER
- 14:30 - 16:30 Festivalfächer DIY

FREIRAUM
- 12:00 - 18:00 Buusenkollektiv e.V.
- 13:30 - 21:00 Termin Vereinbarung und Beratung - KUDU STUDIO
- 14:00 - 21:00 Tattoo - KUDU STUDIO

THE DIESEL HUB
- 16:00 - 18:00 DJ Beginner *Workshop*

HOUSE OF MELITTA
- 14:00 - 15:00 Bag Charms
- 15:00 - 16:00 Barista *Workshop*
- 16:00 - 17:00 Bag Charms

KREATIVMARKT
- 14:00 - 20:00 Gestalte deine Tasche
- 14:00 - 15:00 Makramee *Workshop*
- 17:00 - 18:00 Traumfänger *Workshop*

ROLLSCHUHBAHN
- 19:00 - 21:00 Rollerdisco

FREITAG

OASE SONNE
- 13:00 - 14:00 Jivamukti Open Class
- 16:00 - 17:30 Conclusion connected Breathwork
- 20:00 - 21:00 Feminine Yoga Flow

TATTOOCONTAINER
- 14:30 - 20:00 Terminvergabe & Beratung
- 15:00 - 21:00 Tattoo

VORPLATZ
- 15:00 - 16:00 Merengue & Bachata im Paar
- 15:15 - 15:30 Griffiness Cheerdance *Show*

WEINBAR
- 12:00 - 03:00 Weinbar geöffnet
- 16:00 - 17:30 Live-Vinothek: Wine & Waves

AM WÄLDCHEN
- 10:00 - 20:00 Borrow. Shoot. Return.
- 10:30 - 13:00 Drop in Patching by Passanger
- 11:00 - 12:00 Pasta Perfetta *Workshop*
- 11:00 - 12:30 Suncatcher *Workshop*
- 11:00 - 13:30 DIY: cute Armbänder & Hair-wraps
- 11:00 - 16:00 Henna Artist
- 12:15 - 13:15 Pasta Perfetta *Workshop*
- 13:00 - 14:30 Suncatcher *Workshop*
- 13:30 - 14:30 Henna *Workshop*
- 13:30 - 15:00 Eat for Cells & Gut
- 14:00 - 16:30 Make your own multi-purpose paracord strap
- 15:15 - 16:45 Hot & Spicy *Workshop*
- 16:30 - 19:00 Make your own multi-purpose paracord strap
- 18:00 - 19:00 Henna *Workshop*
- 18:00 - 20:00 Henna Artist
- 18:30 - 19:30 Pasta Perfetta *Workshop*

THE DIESEL HUB
- 12:00 - 13:30 FLINTA* only DJ Beginner *Workshop*
- 14:00 - 15:30 DJ Beginner *Workshop*

KARAOKEBAR BY ESTRELLA DAMM
- 10:00 - 11:00 People. Power. Planet *Kino*
- 11:15 - 12:45 Saltwater Surf Movie Night
- 12:45 - 14:45 The Wind in her hands *Kino*
- 15:00 - 16:00 DIA-Show "Portugal"

KREATIVMARKT
- 10:30 - 11:00 Körpersprays mit ätherischen Ölen
- 11:00 - 12:00 Makramee
- 11:00 - 13:00 Upcycling & Selfexpression
- 13:00 - 14:00 Traumfänger
- 15:00 - 16:00 Armband
- 17:00 - 18:00 Makramee
- 19:00 - 19:30 Körpersprays mit ätherischen Ölen

LITTLE HOUSE OF CUBA
- 11:30 - 13:00 Mittagstief Adé - Pflanzenpower *Workshop*
- 13:15 - 13:45 Wie oft kann man sich als Mensch neu erfinden? *Talk/Kino*
- 14:00 - 15:00 Nachhaltig investieren - geht das? *Talk/Kino*
- 17:00 - 18:00 Das Leben beginnt außerhalb deines Autopiloten *Talk/Kino*
- 18:30 - 19:30 Einfach Elses Late Night Show *Talk/Kino*

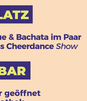
OASE SONNE
- 09:45 - 11:15 MANTRA x KAKAO x BREATH
- 11:30 - 13:00 Selflove Flow
- 13:15 - 14:15 Wild Womb - Lust, Bewegung, Verkörperung
- 14:30 - 16:00 Thai Yoga Massage
- 16:15 - 17:45 SoulCraft
- 18:00 - 19:30 SoulCraft
- 19:30 - 21:00 Conscious connected Breathwork

ROLLSCHUHBAHN
- 19:00 - 21:00 Rollerdisco

TATTOOCONTAINER
- 10:00 - 21:00 Terminvergabe & Beratung
- 10:15 - 21:00 Tattoo

WASSERWELT
- 10:30 - 11:30 SUP Yoga

LITTLE HOUSE OF CUBA
- 15:30 - 16:00 Wie oft kann man sich als Mensch neu erfinden? *Talk/Kino*
- 16:15 - 17:45 Mittagstief Adé - Pflanzenpower *Workshop*
- 18:30 - 19:30 Einfach Elses Late Night Show *Talk/Kino*



ATELIER
- 13:00 - 16:00 Festivalfächer DIY

FREIRAUM
- 09:30 - 21:00 Terminvereinbarung und Beratung - KUDU STUDIO
- 10:00 - 21:00 Tattoo - KUDU STUDIO
- 10:30 - 18:00 Buusenkollektiv e.V.

THE DIESEL HUB
- 12:00 - 13:30 FLINTA* only DJ Beginner *Workshop*
- 14:00 - 15:30 DJ Beginner *Workshop*
- 16:00 - 17:30 DJ Beginner *Workshop*

HOUSE OF MELITTA
- 11:00 - 12:00 Barista *Workshop*
- 12:00 - 13:00 Bag Charms
- 14:00 - 15:00 Bag Charms
- 15:00 - 16:00 Barista *Workshop*
- 16:00 - 17:00 Bag Charms

LA PLAZA
- 10:45 - 11:45 Tango Argentino
- 12:00 - 13:00 Bring back 2016 - Dance Workout
- 13:15 - 14:15 Badde Workshop
- 14:30 - 16:00 TWERK *Workshop*

LITTLE HOUSE OF CUBA
- 14:15 - 15:45 Mittagstief Adé - Pflanzenpower *Workshop*
- 18:30 - 19:30 Einfach Elses Late Night Show

OASE MOND
- 09:30 - 10:30 Medical Yoga
- 10:45 - 11:30 Soundbath
- 11:45 - 13:00 Pilates Beginner Class
- 13:15 - 14:15 Core statt Kater
- 14:30 - 16:00 Massage mit Osteopathie
- 18:00 - 19:00 Partnermassage

RÄUBERHÖHLE
- 14:00 - 16:00 Improtheater *Workshop*
- 16:30 - 18:00 Intuitive Connection

STRAND
- 10:30 - 11:30 Zumba
- 12:00 - 13:00 QiGroove
- 14:15 - 15:00 Aquafit

FUTURE NOMAD STAGE
- 12:00 - 13:30 Easy selbstständig machen - Workshop für Frauen
- 13:30 - 15:00 Zukunfts(t)räume *Talk/Kino*
- 17:00 - 18:00 Räucherstäbchen *Workshop*
- 18:00 - 19:00 Räucherstäbchen *Workshop*

KARAOKEBAR BY ESTRELLA DAMM
- 10:30 - 11:30 People. Power. Planet *Kino*
- 11:45 - 12:45 Nachhaltig investieren - geht das? *Talk/Kino*
- 13:00 - 15:00 The Wind in her Hands
- 15:00 - 16:00 DIA-Show "Portugal"

KREATIVMARKT
- 10:30 - 11:00 Körpersprays mit ätherischen Ölen
- 11:00 - 12:00 Makramee
- 11:00 - 13:00 Upcycling & Selfexpression
- 13:00 - 14:00 Traumfänger
- 15:00 - 16:00 Armband
- 17:00 - 18:00 Makramee
- 19:00 - 19:30 Körpersprays mit ätherischen Ölen

MOULIN KNUTSCH
- 12:00 - 14:00 Stand Up Comedy
- 14:00 - 16:00 Talentshow
- 16:00 - 18:00 Dating Show: Festival of Love
- 18:00 - 20:00 Karaoke mit Fatty & Barbara

OASE SONNE
- 09:45 - 10:45 Yogastunde
- 11:00 - 12:00 Morning Workout
- 12:15 - 13:15 Feminine Yoga Flow
- 13:30 - 14:30 Vinyasa Class
- 14:45 - 15:45 Wild Womb - Lust, Bewegung, Verkörperung
- 16:00 - 17:00 QiGroove
- 17:15 - 18:15 Frauenkreis
- 18:30 - 20:00 Wellnessmassage

ROLLSCHUHBAHN
- 19:00 - 21:00 Rollerdisco

TATTOOCONTAINER
- 10:00 - 21:00 Terminvergabe & Beratung
- 10:30 - 21:00 Tattoo

VINTAGE WARDROBE
- 13:00 - 16:00 Waves & Braids

WASSERWELT
- 11:00 - 12:00 SUP Yoga
- 14:00 - 15:00 SUP Yoga

WEINBAR
- 10:00 - 03:00 Weinbar geöffnet
- 15:00 - 16:30 Live-Vinothek: Wine & Waves
- 19:00 - 03:00 Kraft Runners Takeover

SONNTAG

AM WÄLDCHEN
- 10:45 - 12:15 Keen Platz foer Hass - Plakoate op Platt
- 12:30 - 14:00 Suncatcher
- 14:15 - 15:45 Suncatcher
- 11:30 - 13:00 Eat for Cells & Gut
- 11:00 - 12:00 Henna *Workshop*
- 11:00 - 16:00 Henna Artist
- 13:00 - 14:00 Henna *Workshop*

THE DIESEL HUB
- 12:00 - 13:30 FLINTA* only DJ Beginner
- 14:00 - 15:30 DJ Beginner *Workshop*

KARAOKEBAR BY ESTRELLA DAMM
- 11:00 - 12:00 Das Leben beginnt außerhalb deines Atopiloten *Talk/Kino*

KREATIVMARKT
- 12:00 - 13:00 Makramee
- 13:00 - 14:00 Traumfänger

OASE MOND
- 10:00 - 11:30 Thai Yoga Massage
- 11:45 - 13:00 Pilates Beginner Class
- 13:15 - 14:15 Vinyasa Class
- 14:30 - 15:30 Partner Massage

STRAND
- 10:30 - 11:30 Zumba

WASSERWELT
- 11:00 - 12:00 SUP Yoga

ATELIER
- 12:00 - 14:00 Festivalfächer DIY

FREIRAUM
- 09:30 - 17:00 Terminvereinbarung und Beratung - KUDU STUDIO
- 10:00 - 17:00 Tattoo - KUDU STUDIO
- 10:30 - 18:00 Buusenkollektiv e.V.

HOUSE OF MELITTA
- 11:00 - 12:00 Barista *Workshop*
- 12:00 - 13:00 Bag Charms
- 14:00 - 15:00 Bag Charms

KNUTSCHALLEE
- 11:00 - 12:00 Pangea Job Speed Dating

LA PLAZA
- 11:00 - 12:00 Tango Argentino
- 12:30 - 13:20 Dance Workout
- 14:00 - 16:00 Entfesste deine innere Shakira

OASE SONNE
- 10:00 - 11:00 Morning Workout
- 11:15 - 12:15 QiGroove
- 12:30 - 14:30 Massage mit Osteopathie
- 14:45 - 16:45 Kakaozeremonie

TATTOOCONTAINER
- 10:00 - 17:00 Terminvergabe & Beratung
- 10:30 - 17:00 Tattoo

WEINBAR
- 10:00 - 12:00 Weinbar geöffnet
- 13:30 - 15:00 Live-Vinothek: Wine & Waves

SA

AM WÄLDCHEN
- 10:00 - 20:00 Borrow. Shoot. Return.
- 10:00 - 15:00 Stitch a Badge
- 10:30 - 12:00 Eat for Cells & Gut
- 11:00 - 12:00 Henna *Workshop*
- 11:15 - 14:15 Henna Artist
- 12:30 - 13:30 Pasta Perfetta *Workshop*
- 12:30 - 14:30 Blumen aus Krepppapier
- 12:30 - 14:30 Sticke deine Boobiebag
- 13:45 - 14:45 Pasta Perfetta *Workshop*
- 15:30 - 17:00 Hot & Spicy
- 17:00 - 18:00 Henna *Workshop*
- 17:00 - 20:00 Henna Artist
- 17:30 - 18:30 Pasta Perfetta *Workshop*
- 19:00 - 20:00 Henna *Workshop*

PLAY

DO

FUßBALLFELD
- 15:30 - 16:30 Zwei-Felder-Ball *Contest*
- 16:00 - 18:00 Happy Kubb *Contest*
- 16:30 - 18:00 Flunkyball *Workshop*

HAFENKNEIPE
- 16:00 - 18:00 Familienduell
- 18:30 - 19:30 Pubquiz
- 19:30 - 20:30 Pubquiz

WASSERWELT
- 16:30 - 17:30 Schwitzen in der Sauna
- 19:30 - 20:30 Golden Hour in der Sauna

PÜTNITZER DREIECK
- 17:00 - 00:00 Techno Tischtennis

FREITAG

AM WÄLDCHEN
- 16:00 - 18:00 Ohrenzirkus

FUßBALLFELD
- 13:00 - 14:00 Zwei-Felder-Ball
- 15:30 - 16:30 Zwei-Felder-Ball
- 16:00 - 18:00 Happy Kubb *Contest*

HAFENKNEIPE
- 16:00 - 18:00 Familienduell
- 18:30 - 19:30 Pubquiz
- 19:30 - 20:30 Pubquiz

PÜTNITZER DREIECK
- 17:00 - 00:00 Techno Tischtennis

TANTE EMMA
- 12:30 - 13:30 Outdoor Mitmachquiz

WASSERWELT
- 10:30 - 11:30 Schwitzen in der Sauna
- 13:30 - 15:00 Blob Contest

SAMSTAG

AM WÄLDCHEN
- 15:00 - 17:00 Ohrenzirkus

FUTURE NOMAD STAGE
- 15:45 - 16:45 Outdoor Mitmachquiz

PÜTNITZER DREIECK
- 17:00 - 00:00 Techno Tischtennis

WASSERWELT
- 13:00 - 14:30 Blob Contest

FUßBALLFELD
- 11:30 - 12:30 Zwei-Felder-Ball
- 13:00 - 14:30 Gurkiball
- 13:00 - 16:00 Bierpong Turnier
- 15:15 - 16:15 Zwei-Felder-Ball
- 16:00 - 18:00 Flunkyball Turnier

HAFENKNEIPE
- 16:00 - 18:00 Familienduell
- 18:30 - 19:30 Pubquiz
- 19:30 - 20:30 Pubquiz

SO

WASSERWELT
- 12:00 - 13:30 Schwitzen in der Sauna

PÜTNIT