Program

Thursday 01.10.26

07:30	Aqua Gym	Main pool
09:00	Good Morning Aufguss	Event Sauna
10:00	Breath, Heat, Sea	Spa lounge
10:30	Badstue Experience	Event Sauna
11:30	Sound Journey	Svaberget
13:00	Herbal Aufguss	Event Sauna
14:30	Aufguss	Event Sauna
16:30	Afternoon Reset	Kildesal 3
17:00	Aufguss reset	Event Sauna
18:00	**Opening Ceremony**	Event Sauna
21:00	GUEST AUFGUSS	Event Sauna
22:00	Good Night Aufguss	Event Sauna

Friday 02.10.26

09:00	CLASSIC - Lay Pang Ong	Event Sauna
10:30	Sauna/Temazcal - Eduardo Ortiz	Event Sauna
12:30	GUEST AUFGUSS	Event Sauna
14:00	**COMPETITON** - Balint Ambrus - Norway/Farris Bad	Event Sauna
15:00	**COMPETITON** - Jula Ilin - Finland	Event Sauna
16:00	**COMPETITON** - Emma Chladkova- Slovakia	Event Sauna
17:00	GUEST AUFGUSS	Event Sauna
18:00	**COMPETITON** - Aleksandra Zarzyka - Sweden	Event Sauna
19:00	**COMPETITON** - Adam Vari - Hungary	Event Sauna
20:00	**COMPETITON** - Andreea Brostiuc - Romania	Event Sauna
21:00	GUEST AUFGUSS	Event Sauna
22:00	Good night Aufguss	Event Sauna

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Program

Saturday 03.10.26

09:00	CLASSIC - Lay Pang Ong	Event Sauna
11:00	**COMPETITON** - Bart De Backer - Belgium	Event Sauna
12:00	**COMPETITON** - Jiri Zakovsky - Czech Republic	Event Sauna
13:00	GUEST AUFGUSS	Event Sauna
14:00	**COMPETITON** - Karoline Kobber - Denmark	Event Sauna
15:00	**COMPETITON** - Maxime Trepanier - Canada	Event Sauna
16:00	GUEST AUFGUSS	Event Sauna
17:00	**COMPETITON** - Massimo Gelli - Italy	Event Sauna
18:00	**COMPETITON**- Travis Talmadge - USA	Event Sauna
19:00	**COMPETITON** - Meg Hopkinson - United Kingdom	Event Sauna
20:00	**COMPETITON** - Dominik Pomorin - Germany	Event Sauna
21:00	GUEST AUFGUSS	Event Sauna
22:00	Good night aufguss	Event Sauna

Sunday 04.10.26

09:00	CLASSIC- Lay Pang Ong	Event Sauna
11:00	**COMPETITON** - Karl Peeter Kangur - Estonia	Event Sauna
12:00	**COMPETITON** - Daniel Gufler - Switzerland	Event Sauna
13:00	GUEST AUFGUSS	Event Sauna
14:00	**COMPETITON** - Daisuke Ojima - Japan	Event Sauna
15:00	**COMPETITON** - Pawel Watorek - Poland	Event Sauna
16:00	GUEST AUFGUSS	Event Sauna
17:00	**COMPETITON** - Iver Hjelbak Eriksen - Norway	Event Sauna
18:00	**COMPETITON** - Simone Renken - Netherlands	Event Sauna
19:00	**COMPETITON** - Wiktoria Matusik - Austria	Event Sauna
20:00	GUEST - Emma Chladkova Herbal Session	Event Sauna
21:00	GUEST AUFGUSS	Event Sauna
22:00	**AWARDS**	Event Sauna

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