

Uhrzeit	Zone 1	Zone 2	Zone 3	Zone 4
08:20 - 08:30	Welcome-Session Alle A			
08:30 - 09:30	Step Party Sebastian Piatek M-F	FUNTONE® - THE FUNCTIONAL REVOLUTION Jana Spring A	Wirbelsäule im Fokus - Brustwirbelsäule Andi Goller A	Zeitgenössisches Pilates Flow Stephanie Ludwig A
09:45 - 10:45	Step Dance Asja Pajk M	DEEPWORK® Ivam Da Silva A	YO'mo - YOGA in move Katja Lüdenbach A	BMI BodyMindImprovement Martin Neumeier A
11:00 - 12:00	bellicon JUMPING Yavuz Yildirim A	DANCESS Surprise! Nicole Cavegn M	HEARTBEAT – THE FUNCTIONAL FLOW Jana Spring A	Slings Myofasiales Training: Let`go - Myofasiales Gehen/Laufen Stephanie Ludwig A
12:15 - 13:15	Lunch Break Wer mag A	Fight And Fun Angelika Zahner & Sandra Brühwiler A	Lunch Break Wer mag A	Lunch Break Wer mag A
13:15 - 14:15	bellicon JUMPING Intervall Yavuz Yildirim A	Dance & Style Sebastian Piatek M	Functional Complete Andi Goller A	YOPI Vanessa Bauschatz A
14:30 - 15:30	FUNTONE® CARDIO - THE FUNCTIONAL FATBURNER Jana Spring A	Latino Moves Ivam Da Silva A	BODEGA reflow® Sarah Stöck A	Aroha Katja Lüdenbach A
15:45 - 16:45	Friends on Step Sebastian Piatek & Asja Pajk M	Physio Meets Fitness Martin Neumeier A	DAYO Dance Yoga - Emotion & Exercise Sandra Burdet A	
17:00 - 18:00			bodyArt® Stretch Ivam Da Silva A	