

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