



PROGRAMM 25. JUNI 2022

	ZONE 1	ZONE 2	ZONE 3	ZONE 4	AUF DEM SEE
8:20	WELCOME ON STAGE mit allen Presentern	PAUSE	PAUSE	PAUSE	PAUSE
8:30	PAPA ON STEP Sebastian Piatek M-F	FUNTONE® The functional Revolution Jana Spring A	BLACKROLL® Meets Yoga* Maxi Bienger A	ANATOMY TRAINS IN MOTION Stephanie Ludwig A	PAUSE
9:45	BEST OF DANCE-STEP Balazs Füzessy & Sebastian Piatek M	DANCESS FUSION Nica Haut-Cavegn A	FUNCTIONAL ATHLETIC INTERVAL Andi Goller A	YOGA BREATH Manuela Latini A	WOGA® YOGA ON WATER Julia Klesse A
11:00	bellicon® JUMPING FITNESS Yavuz Yildirim & Team A	BBP NEW DIMENSION Andi Goller A	bodyART® by Robert Steinbacher Remo Stefanic A	CONTEMPORARY PILATES EXTENSION Stephanie Ludwig A	WOGA® SUP-FITNESS Julia Klesse A
12:15	MITTAG Essen Trinken Chillen	DANCE-AEROBIC Sebastian Piatek M	MITTAG Essen Trinken Chillen	MITTAG Essen Trinken Chillen	MITTAG Essen Trinken Chillen
13:30	FUNTONE® INFINITY (Step) Jana Spring A	TOTAL BODY TRAINING (FUNCTIONAL) Roman Ondrasek A	WIRBELSÄULE BEST OF Andi Goller A	P.I.I.T. - Professional Intensive Interval Training Daniela & Dominik Stark A	WOGA® YOGA ON WATER Julia Klesse A
14:45	bellicon® JUMPING INTERVALL Julia van Kaldekerken A	deepWORK® by Robert Steinbacher Remo Stefanic M-F	FROM SLOW TO FLOW Roman Ondrasek A	FIGHT TIME Sandra Brühwiler & Angelika Zahner A	WOGA® SUP-FITNESS Julia Klesse A
16:00	STEP AT IT's BEST Sebastian Piatek & Roman Ondrasek A	ENDE	BLACKROLL® MOVES* Maxi Bienger A	ENDE	WOGA® YOGA ON WATER RELAX Julia Klesse mit Live Gesang A
17:15	ENDE		BLACKROLL® meets myofascial Stretching* Maxi Bienger A		ENDE