

KURSPLAN

	ZONE 1	ZONE 2	ZONE 3	FITAGON-ZONE 4
8:20	WELCOME ON STAGE mit allen Presentern			
8:30	Papa On Step 2018 Sebastian Piatek M-F	FIT & FUNKY™ Navanita & Khadro Sgambato A	MOVEMENT Pawel Oracz A	TRX® SUSPENSION TRAINING BASIC Phaedra Spillmann A
9:45	VERTICAL STEP NEU Carlos Ramirez M-F	FUNTONE®- THE FUNCTIONAL REVOLUTION Jana Spring A	ACHTUNG, FERTIG, FASZIEN: LEICHTFÜSSIG MIT SLINGS Karin Gurtner NEU A	PROCEDOS P.E. ONE NEU Jenny Ahlin A
11:00	JUMPING FITNESS® BASIC Yavuz Yildirim & Team A	LIFE JUNKIE FITNESS SHOW Nica Haut-Cavegn M	WIRBELSÄULE UPDATE Andi Goller A	LET'S BANDS® FIT Pamela Tännler A
12:15	MITTAG Essen Trinken Chillen	FUNTONE®- SENSIBILITY NEU Jana Spring A	MITTAG Essen Trinken Chillen	MITTAG Essen Trinken Chillen
13:30	STEP INTERNATIONALE Pawel Oracz & Katja Seifried M	FIT & FUNKY™ POWER Navanita & Khadro Sgambato A	FUNCTIONING BY SAFS & BETA Andi Goller A	TRX® SUSPENSION TRAINING ADVANCED Phaedra Spillmann M-F
14:45	JUMPING FITNESS® INTERVALL Yavuz Yildirim & Team A	DANCE-AEROBIC Sebastian Piatek & Carlos Ramirez M-F	bodyART® FLOW Andrea Heinemann A	PROCEDOS P.E. ONE NEU Jenny Ahlin A
16:00	FREEK - STEP FUN Sebastian Piatek A	deepWORK® by Robert Steinbacher Remo Stefanic A	MENTAL CENTERING Pierre Ammann A	LET'S BANDS® STRONG Pamela Tännler A
17:15		Ressourcenorientiert und Resilient mit Slings NEU Karin Gurtner A	DAFLOW NEU Nica Haut-Cavegn A	TRX® SUSPENSION STRETCHING Phaedra Spillmann