



PROGRAMM 29. JUN 2019

	ZONE 1	ZONE 2	ZONE 3	ZONE 4	TALENT CAMPUS	MESSE
8:20	WELCOME ON STAGE mit allen Presentern					
8:30	PAPA ON STEP Sebastian Piatek M-F	FUNTONE® The functional Revolution Jana Spring A	BLACKROLL® Movement Prep mit Loops Andreas Laib A	ZENSES® Workout für die Sinne Arne Derricks A NEU!	XBEAT® by XBody® XBODY-Team A	MESSE
9:45	BEST OF DANCE-STEP Marc-O. Kluike & Sebastian & Roman NEU!	FIT & FUNKY™ Navanita & Khadro Sgambato A	FUNCTIONAL FLOW Andi Goller A	SLINGS IN MOTION myofasziales Training Stephanie Ludwig A	XBEAT® by XBody® XBODY-Team A	
11:00	JUMPING FITNESS® Basic Yavuz Yildirim & Team A	DANCE-AEROBIC Sebastian Piatek M	TOTAL BODY TRAINING Roman Ondrášek A NEU!	MENTAL CENTERING ? A	XBEAT® by XBody® XBODY-Team A	
12:15	MITTAG Essen Trinken Chillen	FUNTONE®- Flow Jana Spring A NEU!	MITTAG Essen Trinken Chillen	MITTAG Essen Trinken Chillen	EMPOWERMENT Nica Haut-Cavegn A	
13:30	STEP & STYLE Katja Seifried M	deepWORK® by Robert Steinbacher Remo Stefanic A	CLX THERABAND Arne Derricks A NEU!	YOGA MOVE Sylvia Dittmar & Katja Lüdenbach A NEU!	XBEAT® by XBody® XBODY-Team A	
14:45	JUMPING FITNESS® Intervall Yavuz Yildirim & Team A	DANCESS FUSION Nica Haut-Cavegn M-F	BLACKROLL® Mini Workout* Andreas Laib A	CONTEMPORARY PILATES FLOW Stephanie Ludwig A NEU!	XBEAT® by XBody® XBODY-Team A	
16:00	STEP SURPRISE Sebastian P. & Roman Ondrášek A	ABBA MANIA Dance-Aerobic Arne Derricks A NEU!	bodyART® by Robert Steinbacher Remo Stefanic A	WIRBELSÄULE MEETS MOBILITY Andi Goller A	XBEAT® by XBody® XBODY-Team A	
17:15			BLACKROLL® meets myofascial Stretching Andreas Laib A NEU!	DAFLOW Nica Haut-Cavegn A		

A = Alle | M = Mittelstufe | F = Fortgeschritten

Stand: 24.06.2019, Änderungen müssen wir uns vorbehalten. *Bitte Minirolle aus dem Welcome-Back mitbringen!