

Uhrzeit	Zone 1	Zone 2	Zone 3	Zone 4
08:20 - 08:30	Welcome-Session Alle Presenter A			
08:30 - 09:30	Step with Papa Sebastian Piatek M-F	FUNTONE® - THE FUNCTIONAL INFINITY Jana Spring A	FLEXI-BAR® Barbara Klein A	Zeitgenössisches Pilates Flow - Bestärkt in den Tag Stephanie Ludwig A
09:45 - 10:45	Step Dance Fusion Luciano Mottola M-F	DEEPWORK® Ivam Da Silva A	Wirbelsäule - Standing Legs Andi Goller A	BODEGA reflow® Sarah Stöck A
11:00 - 12:00	WORLD JUMPING Power Party Jasmin Mechler A	DANCESS Nica Haut-Cavegn M	FUNTONE® STABILITY meets AIREX Jana Spring A	Slings Myofasziales Training®: Holistic Wellbeing Stephanie Ludwig A
12:00 - 13:15	Lunch Break Wer mag A	Latino Moves Ivam Da Silva A	Lunch Break Wer mag A	Lunch Break Wer mag A
13:15 - 14:15	WORLD JUMPING Celebration Jasmin Mechler A	Aerodance Extravaganza Luciano Mottola M-F	Functional Mobility Andi Goller A	YOPI Vanessa Bauschatz A
14:30 - 15:30	FUNTONE® CARDIO - THE FUNCTIONAL FATBURNER Jana Spring A	Dance Aerobic Party Sebastian Piatek M	DAYO Dance Yoga - Emotion & Exercise Sandra Burdet A	Fight And Fun Angelika Zahner A
15:45 - 16:45	Step Party Sebastian Piatek M	ROCK THE BILLY Dance Rene Taumberger A	PHYSIOTHERAPIE MEETS FITNESS Barbara Klein A	
17:00 - 18:00			bodyArt® Stretch Ivam Da Silva A	