



PROGRAMM 25.06.2022

	ZONE 1	ZONE 2	ZONE 3	ZONE 4	TALENT CAMPUS	AUF DEM SEE	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® Meets Yoga* Mastertrainer BLACKROLL® A NEU!	ANATOMY TRAINS IN MOTION Erlebte Anatomie Stephanie Ludwig A	XBEAT® by XBody® XBODY-Team A		
9:45	BEST OF DANCE-STEP Balazs Füzesy & Marc-O. Kluike REVIVAL!	DANCESS FUSION Nica Haut-Cavegn A	CLX MEETS H.I.I.T. Arne Derricks A NEU!	YOGA MOVE Sylvia Dittmar & Katja Lüdenbach A	XBEAT® by XBody® XBODY-Team A	WOGA® SUP-YOGA Julia Klesse	
11:00	JUMPING FITNESS® Basic Yavuz Yildirim & Team A	BBP NEW DIMENSION Andi Goller A NEU!	bodyART® by Robert Steinbacher Remo Stefanic A	CONTEMPORARY PILATES EXTENSION Stephanie Ludwig A	XBEAT® by XBody® XBODY-Team A	WOGA® SUP-YOGA 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 A	MITTAG Essen Trinken Chillen A	MESSE
13:30	STEP & STYLE Katja Seifried M	TOTAL BODY TRAINING (FUNCTIONAL) Roman Ondrasek A	ZENSES® 2.0 Next Level Workout für die Sinne Arne Derricks A	P.I.I.T. - Professional Intensive Interval Training Daniela & Dominik Stark A NEU!	XBEAT® by XBody® Balazs & XBODY-Team A	WOGA® SUP-YOGA Julia Klesse A	
14:45	JUMPING FITNESS® Intervall Yavuz Yildirim & Team A	deepWORK® by Robert Steinbacher Remo Stefanic A	BLACKROLL® Moves* Mastertrainer BLACKROLL® A	POWER YOGA Katayoun van Goor A NEU!	XBEAT® by XBody® Balazs & XBODY-Team A	WOGA® SUP-YOGA Julia Klesse A	
16:00	STEP AT IT's BEST Sebastian Piatek & Roman Ondrasek A	THE GREATEST SHOWMAN Dance-Aerobic Arne Derricks A NEU!	WIRBELSÄULE BEST OF Andi Goller A	MENTAL CENTERING Pierre Ammann A	XBEAT® by XBody® Balazs & XBODY-Team A	WOGA® SUP-YOGA Julia Klesse A	
17:15			BLACKROLL® meets myofascial Stretching* Mastertrainer BLACKROLL®				

A = Alle | M = Mittelstufe | F = Fortgeschritten

Stand: 30.08.2021, Änderungen müssen wir uns vorbehalten. *Bitte Kugel aus dem Welcombag mitbringen!