



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	BALL* BLACKROLL® Meets Yoga* Mastertrainer BLACKROLL® A NEU!	ANATOMY TRAINS IN MOTION Erlebte Anatomie Stephanie Ludwig A	XBEAT® by XBody® XBODY-Team A REGISTRIEREN		
9:45	REVIVAL! BEST OF DANCE-STEP Balazs Füzesy & Marc-O. Kluike	DANCESS FUSION Nica Haut-Cavegn A	CLX MEETS H.I.I.T. Arne Derricks A NEU!	YOGA moves by moving moments Sylvia Dittmar & Katja Lüdenbach A	XBEAT® by XBody® XBODY-Team A	WOGA® SUP-YOGA Julia Klesse REGISTRIEREN	
11:00	bellicon® Jumping Fitness Yavuz Yildirim & Team A	NEU! BBP NEW DIMENSION Andi Goller A	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	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 NEU!	XBEAT® by XBody® Balazs & XBODY-Team A	WOGA® SUP-YOGA Julia Klesse A	
14:45	bellicon® Jumping meets Shadowboxer Julia van Kaldekerken A	deepWORK® by Robert Steinbacher Remo Stefanic A	ZENSES® 2.0 Next Level Workout für die Sinne Arne Derricks A	FIGHT TIME Sandra Brühwiler & Angelika Zahner 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	NEU! THE GREATEST SHOWMAN Dance-Aerobic Arne Derricks A	BALL* BLACKROLL® Moves* Maxi Bienger A		XBEAT® by XBody® Balazs & XBODY-Team A	WOGA® SUP-YOGA Julia Klesse A	
17:15			BALL* BLACKROLL® meets myofascial Stretching* Maxi Bienger				

A = Alle | M = Mittelstufe | F = Fortgeschritten

Stand: 14.04.2022, Änderungen müssen wir uns vorbehalten. *Bitte Faszien-Ball aus dem Welcombag mitbringen!