

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:05 – 08:40 Beach Area	FITNESS FIRST BONUS DAY	DYNAMIC STRETCH Taras / All	YOGA SOUNDS Pepi / All	ELEMENTS Michael / All	bodyART® STRETCH Remo / All	MEDITATION Vika / All	
09:00 – 09:55 Big Area		Fitness First WELCOMING Big Area 09:20 – 10:00	BASIC AEROBIC ★ Taras / B	AEROBIC MIX Anton / I	STEP SYMMETRIC Taras / I-A	RAGGA Marta / All	
09:00 – 09:55 Small Area	MORNING YOGA FLOW ★ Vika / All		ATHLETIC WORKOUT ++ ♥ Michael / All	SIXPACK CHALLENGE ♥ Jana / All	NO MATTER WHAT PUMP ++ ♥ Pierre / I	FLEXIBAR WORKOUT Anton / All	GOOD MORNING STRETCH Simona / All BEACH!
10:10 – 11:05 Big Area	STEP CHANGE FRONT Anton / I-A	STOMP STEP Luciano / I-A	STEP CUT & HALF SOLUTION Anton / I-A	STEP STALLION 17 Pierre / I-A	STEP - A - JAM Fitz / I-A	STEP FREESTYLE Taras / A	bodyART® MEDICAL & RECOVERY ★ Remo / All
10:10 – 11:05 Small Area	HEALTHY BACK Pepi / All	HOT IRON® 1 Pepi & Jana G. / B	ORIENT DANCE SPECIAL ★ Marta / All	BAX® ♥ Remo / I	FITBO ♥ Michael / All	HEALTHY BACK ★ Jana / All	FIGHT THE FEAR 2 ♥ Pierre / I
11:20 – 12:15 Big Area	E-Z DANCE FUNK Pierre / I	STEP - A - JAM Fitz / I-A	STEP SURPRISE Pierre / I-A	STEP H SOLUTION Luciano / A	DANCE SYMMETRIC STYLE Luciano / I-A	AERODANCE STYLE Luciano / I-A	DOUBLE STEP Luciano / I-A
11:20 – 12:15 Small Area	SIXPACK CHALLENGE ++ ♥ Jana / All	FIGHT THE FEAR SUPER CIRCUIT ++ ♥ Pierre / All	deepWORK® ♥ Remo / I	HOT IRON® 2 ++ ♥ Pepi / I	BODYFIT Pepi / All	BAX® ♥ ++ Remo / I	ATHLETIC - FUNCTIONAL FITNESS ++ ♥ Michael / All
12:30 – 13:15 Small Area	DYNAMIC PILATES Simona / All	ZUMBA® FITNESS ★ Marta / All	STRETCH & RELAX Jana G. / All	VINYASA YOGA Pepi / All	ATHLETIC FITNESS ★ Anton / All	LIFESTYLE CHALLENGE ♥ Fitz / I-A	DYNAMIC PILATES Simona & Jana G. / All
LUNCH BREAK		15.00 – 15.50 BODY IN BALANCE Workshop (GER) with Pepi	15:00-15:50 LST – FIT FOR PURPOSE Workshop (ENG) with Fitz	15.00 – 15.30 AQUA ZUMBA Marta & Simona / (pool club site)	15.00 – 15.50 HOME WORKOUT Workshop (GER) with Jana	15:00-15:50 BODY TALK Workshop (ENG) with Michael	
16:00 – 16:55 Big Area	STEP FUSION Luciano / I-A	STEP PRO Taras / I-A	AT DANCE MOVES Anton / I-A	STEP FREESTYLE Taras / A	L-STEP Luciano / I-A	DOUBLE STEP TIME Pierre / A	STEP PRO Taras / I-A
16:00 – 16:55 Small Area	BODYFIT Pepi / All	FITBO ++ ♥ Michael / All	BOOTY WORKOUT ++ ♥ Jana / All	LUCKY DIP CIRCUIT ♥ Fitz / I	deepWORK® ♥ ★ Remo / I	HOT IRON® 2 ++ ♥ Pepi / I	LST H.I.T ++ ♥ Fitz / I-A
17:10 – 18:05 Big Area	STEP BASIC LEVEL ★ Taras / B	STEP TOP Anton / I-A	STEP METHODOLOGY Luciano / I-A	STRONG by ZUMBA® ♥ Marta / All	ZUMBA® FITNESS Marta / All	Fitness First PHOTO SHOOTING Big Area 17:10 – 18:00 Wear your event-shirt!	deepWORK® ♥ Remo / I
17:10 – 18:05 Small Area	LST H.I.T ++ ♥ Fitz / I-A	bodyART® YIN meets YANG Remo / All	LST H.I.T ♥ Fitz / I-A	PILATES ★ Anton / All	LST CROSS H.I.T ++ ♥ Fitz / I-A		BOOTY WORKOUT ♥ Jana / All
18:20 – 19:05 Small A. or Beach	SUNDOWN STRETCH Michael / All Small Area	BEACH TABATA WORKOUT ♥ Jana / All Volleyball Beach	MEDITATION Vika / All Small Area	BEACH BOOTCAMP ++ ♥ Michael / All Volleyball Beach	STRETCH & RELAX Jana & Michael / All Volleyball Beach		FUNCTIONAL YOGA ★ Pepi / All Small Area
CYCLING		10:05-11:00 / Ralf (ICG)	10:05-11:00 / Ralf (ICG)	09:00-09:55 / Ralf (ICG)	09:00-09:55 / Ralf (ICG)	11:10-12:05 / Ralf (ICG)	
		11:05-12:00 / Ralf (ICG)	17:05-18:00 / Ralf (ICG)	16:00-16:55 Cycle C. / Pierre	10:15-10:45 H.I.C / Fitz ++	16:00-16:55 / Ralf (ICG)	11:05-12:00 / Ralf (ICG)
		16:00-16:55 Energy / Jana G.	18:15-18:45 H.I.C / Fitz	18:10-19:05 / Ralf (ICG)	17:10-18:05 / Ralf (ICG)	17:00-18:00 / Ralf (ICG Special)	
EVENING TIME		Fitness First 22:00 WELCOME PARTY	Fitness First SUPER POWER NIGHT SPECIAL Park Stage 21:30 – 23:00			Fitness First 20:00 GALA NIGHT	

SUBJECTS TO CHANGE!

Class Level: All = for everybody / B = Beginner / I = Intermediate / A = Advanced

★ open for all people ++ open also for „Partner ticket“ ♥ no choreographie but tough workout

