XPLOSION 3.0 STUNDENPLAN

SAMSTAG 01.12.18
9:00 - 18:45 UHR

	Große Halle	Aula	Untere Halle	Gym 2	neue Halle	Gym 4	Dreifeld Halle	Club Ceronne	Kaifu Lodge/ Raum 1	Kaifu Lodge/Theorie	XBODY Gym 3
09:00 – 10:00	STEP - LET´S PARTY Sebastian Piatek	BODY WEIGHT Mathias Naujocks	BLACKROLL ® MOVEMENT PREP Andreas Leib	DANCE AEROBIC Iva Mojžíšková	JACARANDA ® Gabi Fastner	WAKE UP DRUMS ALIVE® Sharon & Frauke	JUMPING FITNESS® BASIC Yavuz Yildirim	INSIDE FLOW Amy Norton	4D PRO® BUNGEE CARDIO - XPLODE Arzu Sagun		EINFÜHRUNG & TRAINING Xbody Team
10:15 – 11:15	STEP BY STEP Giorgos Chatzmichail	TENSEGRITY FLOW Gunda Slomka	MY! TABATA Arne Derricks	SALSA SHINE Fares Soltani	PILATES FLOW Kerstin Bredehorn	TRILOCHI ® TRANSITION Kerstin Hecking	bodyART™ STRENGTH Remo Stefanic	ARMS, CORE, JUMP Joachim Koch	BODYGRIP Erik Herrforth		EINFÜHRUNG & TRAINING Xbody Team
11:30 – 12:30	CHARMING STEP Guillaume Wies	POWER TONING Coco Jörn	X-BALANCE® FASZIEN Paul Uhlir	LYRICAL DANCE Romeyo Weiss	RÜCKENFIT REDONDO®BALL Gabi Fastner	YOGA MOVE Yoga Move Team	M.A.X.® & SMART ABS Cyrill Lüthi	THERAPEUTICAL YOGA Ami Norton	BODY IN ACTION Fabio Ponzio	BLACKROLL® CORRECTIVES Andreas Laib	EINFÜHRUNG & TRAINING Xbody Team
12:45 – 13:45	STEP - LESS THINK Chris Harvey	FUNCTIONING® Andreas Goller	BLACKROLL® MEETS MYSOFASCIAL STRETCHING Andreas Leib	DANCE FOR ALL Giorgos Chatzimichail	PILATES MEETS ANATOMY TRAINS Kerstin Bredehorn	DRUMS ALIVE® WELLNESS BEATS Sharon & Frauke	STEP CHALLENGE Janneke Bakker	DIE TANZENDEN KRIEGER Joachim Koch	PORT DE BRAS Iva Mojžíšková	BODYGRIP Erik Herrforth	EINFÜHRUNG & TRAINING Xbody Team
14:00 – 15:00	STEP FUSION Fares Soltani	AERO DANCE PARTY Sebastian Piatek	INTELLIGENTES TONING Paul Uhlir	CLX THERABAND Arne Derricks	FASCIAL STRETCH Gunda Slomka	TRILOCHI® YIN & YANG Kerstin Hecking	FUNCTIONAL STEP Fabio Ponzio		4D PRO® BUNGEE CARDIO XPLODE Arzu Sagun	GROUP FITNESS TROTZ ATHROSE Dr. Dr. med. Homayun Gharavi	EINFÜHRUNG & TRAINING Xbody Team
15:15 – 16:15	ENERGY STEP Janneke Bakker	BACK IN BALANCE Mathias Naujocks	TAE BO® TURBO Richi & Sandra	SLOVENIAN DANCE Asja Pajk	MINI BLACKROLL® MINI WORKOUT Andreas Leib	ZENSES® Arne Derricks	JUMPING FITNESS® INTERVAL Yavuz Yildirim		FRENCH AéRO Guillaume Wies		EINFÜHRUNG & TRAINING Xbody Team
16:30 – 17:30	STEP SURPRISE Sebastian Piatek	BBP POWERD BY SAFS & BETA Andreas Goller		DANCE EXQUISITE Romeyo Weiss	RELEASE AND RELAX Kerstin Bredehorn		BODY WORKOUT ON THE LEVEL Chris Harvey		4D PRO® BUNGEE YOGA Hans Figueroa		
17:45 – 18:45	bodyArt™ Stretch & Relax Remo Stefanic										

ACHTUNG! ÄNDERUNGEN

LIVE DJ

LIVE DRUMMER