



DFAV-CONVENTION HAMBURG/AHRENSBURG 23/24. FEBRUAR 2019

Samstag, 23. FEBRUAR

EINLASS: 9:00	10:00 - 11:00	11:15 - 12:15	12:30 - 13:30		14:00 - 15:00	15:15 - 16:15	16:30 - 17:30	
HALLE 1 STEP & DANCE	EDUARD ASENKOV Dance Step	ANTON TODOROV Step Cut	LUCIANO MOTTOLA Step n Dance	PAUSE	ANTON TODOROV Dance Step Challenge	EDUARD ASENKOV Dance Step next Level	LUCIANO MOTTOLA Final Dance Class Aero Dance	
	HALLE 2 FUNCTIONAL-ZONE	DANIEL ADAM 3 minutes Holistic Workout	ROMAN BAYER HIIT up		DANIEL ADAM Best of Funktional	ROMAN BAYER Functional Flow	LES MILLS TEAM Tone	DANIEL ADAM Best of BodyCross
		HALLE 3 NEW TRENDS	MARCUS SCHWEPPE 4 Streatz		LES MILLS TEAM Barre	JUTTA SCHUHN X-Balance Pilates	MARCUS SCHWEPPE Salsarobic	NEWCOMER Top Trend
	HALLE 4 INDOOR CYCLING		ALEXANDER PAPE Warm up in den Bergen		LES MILLS TEAM Sprint	NICOLE MANTHEY Feel the Rhythm	MAIK WELBING Cycling Special Aspria	NICOLE MANTHEY The 80's

Sonntag, 24. FEBRUAR

HALLE 4 INDOOR CYCLING	ALEXANDER PAPE Warm up in den Bergen	LES MILLS TEAM Sprint	NICOLE MANTHEY Feel the Rhythm	PAUSE	MAIK WELBING Cycling Special Aspria	NICOLE MANTHEY The 80's	LES MILLS TEAM Sprint