

Functional Trainings Day Dormagen

25. Januar 2020



EINLASS: 9:00		10:00 - 11:00	11:15 - 12:15	12:30 - 13:30	PAUSE			14:15 - 15:15	15:30 - 16:30	16:45 - 17:45			
AREA 3	BJÖRN FISCHMEIER	FRANK THÖMMES	BJÖRN FISCHMEIER	JUTTA SCHUHN	ARNE DERRICKS	STINE SCHEUSENER	Powered by AIREX L 2-3 Dynamic Pilate AIREX	Animal Moves L 2-3	Postural Ball L 1-3 				
	Body Cross L 2-3 	New Core Training L 2-3 	Tabata Body Weight L 2-3 	FRANK THÖMMES			CHRISTIAN POLENZ	Funkcional Woman L 1-3 	YAB SMART Workout L 1-3 	JUTTA SCHUHN	Faszientraining powered by softX L 1-3		
AREA 4	ARNE DERRICKS	JUTTA SCHUHN	CHRISTIAN POLENZ	FRANK THÖMMES	CHRISTIAN POLENZ	JUTTA SCHUHN	Zenses Workout L 1-3 ZENSES	X-Balance® Functional Fitness L 2-3	YAB Workout L 2-3 	Funkcional Woman L 1-3 	YAB SMART Workout L 1-3 	JUTTA SCHUHN	Faszientraining powered by softX L 1-3

Level 1 = Einsteiger / Level 2 = Mittelstufe / Level 3 = Fortgeschritten