






XPRESS YOURSELF STUNDENPLAN

SAMSTAG 30.10.2021

	AREA 1	AREA 2	AREA 3	CYCLING AREA
10:00 - 11:00	MARIO SCHMIDT Dance Step Level 2-3	MARCEL KUHN  Level 1-3	JUTTA SCHUHN X-Balance AIREX Level 1-3	ALEX LIEFKE Cycling Go Up Montains Level 1-3
11:15 - 12:15	SEBASTIAN PIATEK Step Sensation Level 2-3	SABRINA LOTT Dance Aerobic Level 2-3	PERFORM BETTER NEUER TOP TREND PERFORM BETTER! EUROPE	MIKE SELKE FEEL THE ENERGY Level 1-3
12:30 - 13:30	LUCIANO MOTTOLA AERO DANCE Level 2-3	MARCEL KUHN M-Dance  Level 2-3	JUTTA SCHUHN Pilates AIREX Level 1-3	MARTIN SEDIVY CLIMBING ON THE TOP 2021 Level 1-3
14:15 - 15:15	MARCEL KUHN M-Step  Level 2-3	MARIO SCHMIDT Dance Aerobic Level 2-3	PERFORM BETTER NEUER TOP TREND PERFORM BETTER! EUROPE	ALEX LIEFKE Cycling is in the House Level 1-3
15:30 - 16:30	SABRINA LOTT Dance Step Level 2-3	JUTTA SCHUHN  Level 1-3	PIA VICTORIA THIEMANN POUND ACCOUT. WORKOUT Level 2-3	MIKE SELKE POWER & EMOTION Level 1-3
16:45 - 17:45	LUCIANO MOTTOLA Step Italien Level 2-3	SEBASTIAN PIATEK Move & Groove Level 2-3	MARCEL KUHN  Level 1-3	MARTIN SEDIVY PURE HOUSE ENERGY Level 1-3

SONNTAG 31.10.2021

	AREA 1	AREA 2	AREA 3
10:00 - 11:00	MILAN ONDRUS Dance Step Level 2-3	PER MARKUSSEN P-Dance Level 2-3	BJÖRN FRISCHEMEIER Best of Funktional L 1-3 
11:15 - 12:15	CARLOS RAMIREZ Step Spain Level 2-3	REBECCA BARTHEL TABATA X Level 1-3	NEUER TOP TREND  L 1-3
12:30 - 13:30	PER MARKUSSEN P Step Level 2-3	BILL KOSMAS Dance Aerobic Level 2-3	BJÖRN FRISCHEMEIER Tabata Training L 1-3 
14:15 - 15:15	BILL KOSMAS Dance Step Level 2-3	MILAN ONDRUS DISCO DANCE Level 2-3	REBECCA BARTHEL M.A.X. Muscle Activity Excellence Level 1-3
15:30 - 16:30	CARLOS RAMIREZ Dance Step next Level Level 2-3	REBECCA BARTHEL SOCCACISE ATHLETIC FITNESS TEAM WORKOUT Level 1-3	NEUER TOP TREND  L 1-3