





PROGRAMM

Group Fitness Convention Stage 3

Samstag, 11. November 2017

UHRZEIT	STAGE 3
10:30 – 11:15 UHR	DANIELA UND DANCEPOINT12 COACHES <i>Ds Kids Club (6-10J)</i> 
11:15 – 11:30 UHR	DANCEPOINT12 JUNIOR CREW BREAKING # SILENCE <i>Show-Tanz zu den original Ds Dance Club Choreos</i> 
11:30 – 12:15 UHR	DANIELA UND DANCEPOINT12 COACHES <i>Ds Dance Club Workshop (ab 10J)</i> 
12:30 – 13:15 UHR	THOMAS MULLIS <i>„BLACKROLL® Faszien Rollout“</i> 
13:30 – 14:15 UHR	GINA DI NARDO & KRAFTAKT TEAM <i>Step on Fire</i> 
14:30 – 15:15 UHR	IRON SYSTEM® <i>powered by Kraftakt & Team</i> <i>IRON CROSS by IRON SYSTEM®</i> 
15:30 – 16:15 UHR	GINA MÜNSTERMANN & CHRISTIAN SPOERRI <i>deepWORK® Holistic Functional Training</i> 

