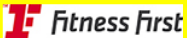




	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:05 – 08:40 Beach Area	FITNESS FIRST BONUS DAY	STRETCH & RELAX Anastasia / All	YING & YANG SUNRISE Michael / All	DYNAMIC STRETCH Taras / All	GOOD MORNING YOGA Vika / All	ASIA FLOW Michael / All	
09:00 – 09:55 Big Area		 WELCOMING & PRESENTER SPECIAL Big Area 10:10 – 11:10 (see info board)	AF STEP Alex / I-A	STEP FUSION Luciano + Anton / I-A	DISCO FEVER ★ Pierre / I	deepWORK® ♥ Remo / I	
09:00 – 09:55 Small Area	STRONGBACK Vika / All		MUSCLE FIRE CARDIO Juliana / All	BODYFIT INTENSE Marta / All	bodyART® XROSS ♥ Remo / I-A	ZUMBA® FITNESS Marta / All	STRETCH & RELAX Juliana / All (09:15-09:50)
10:10 – 11:05 Big Area	AEROBIC DANCE BASIC ★ Anton / B		STEP CHANGE FRONT Anton / I-A	STEP PLAY Alex / I-A	STEP CUT & HALF SOLUTION Anton / I-A	STEP FREESTYLE Taras / I-A	TURN UP DA FUNK ★ Pierre / All
10:10 – 11:05 Small Area	NO MATTER WHAT PUMP Pierre / All		STRONG BY ZUMBA® ♥ Marta / I	LST B. A-RMS, B-ACK & C-HEST ♥ Fitz / I-A	BRAZILIAN BOOTY WORKOUT Juliana / All	FIGHT THE FEAR BEATS Pierre / All	SPLIT Luciano / All
11:20 – 12:15 Big Area	STEP METHOLOGY Luciano / I-A	RUSSIAN STEP Taras + Alex / I-A	TURN UP DA FUNK Pierre / All	ZUMBA® FITNESS ★ Marta / All	RAGGA Marta / All	TRIPLE VERTICAL STEP Luciano / A	STEP PRO Taras / I-A
11:20 – 12:15 Small Area	ATHLETIC WORKOUT Michael / All	deepWORK® ♥ Remo / I	bodyART® STRUCTURE Remo / All	STRONGBACK RELAX Juliana / All	H.I.I.T TURBULENCE PROTOCOL ♥ Taras / I-A (45 min)	LST B.A.S.E. CHALLENGE ♥ Fitz / I-A	BODYFIT INTENSE Marta / All
12:30 – 13:15 Small Area	STEP BASIC LEVEL ★ Marta + Anton / B	AERO DANCE BASIC ★ Marta + Luciano / B	STEP BASIC LEVEL ★ Taras / B	deepWORK® ♥ Remo / I	YING & YANG FLOW ♥ Michael / All	PILATES FLOW ★ Vika / All	DYNAMIC STRETCH Taras / All
LUNCH BREAK			15.00 - 15.30 AQUA ZUMBA® Marta / Pool Club Side	15:00 - 15:45 MENTAL POWER Seminar (GER) with Michael	15:00 - 15:45 CHI MEDITATION Seminar (ENG) with Tom		
16:00 – 16:55 Big Area	STEP SYMMETRIC Taras / I-A	STEP STALLION V19 Pierre / I-A	DANCE SYMMETRIC STYLE Luciano / I-A	DOUBLE STEP TO HEAVEN Pierre / I-A	AF STEP 2 Alex / A	DANCE AEROBIC Anton + Alex / I-A	STEP PLAY Alex / I-A
16:00 – 16:55 Small Area	FUNCTIONAL & FLOW Juliana / All	KamiBo® ♥ Michael + Juliana / All	FLEXIBAR WORKOUT Vika / All	PILATES FLOW Vika / All	KamiBo® Michael + Juliana / All	MEDITATION Vika / All	LST B.A.S.E. EXPRESS Fitz / I-A (45 min)
17:10 – 18:05 Big Area	AERO DANCE Alex / I-A	STEP - A - JAM Fitz / I-A	STEP PRO Taras / A	SURVIVOR BY  Volleyball Beach 17:25 – 19:15 & SURVIVOR AFTER PARTY (see info board)	DOUBLE STEP Luciano / A	 PHOTO SHOOTING Big Area 17:15 – 18:00 Wear your event-shirt! (see info board)	STEP TOP Anton / I-A
17:10 – 18:05 Small Area	LST B.A.S.E. CLASSIC ♥ Fitz / I-A	AT DANCE MOVES Anton / I-A	LST B.A.S.E. RAW ♥ Fitz / I-A		LST B.A.S.E. CONDITIONING ♥ Fitz / I-A		BOOTY WORKOUT ★ Michael / All
18:20 – 19:05 Small Area or Volleyball Beach	bodyART® STRETCH Remo / All Small Area	YOGA FLOW Vika / All Small Area	BEACH ATHLETIC ★ Michael / All Volleyball Beach		bodyART® PURE ★ Remo / All Small Area		GOOD BYE RELAX Marta + Anton / All (45 min) Small Area
CYCLING		11:20 - 12:15 / CYBER C. / Tom	11:20 - 12:15 / CYBER C. / Tom	09:00 - 09:55 / REV-IT / Pierre	11:20 - 12:15 / REV-IT / Pierre	10:20 - 11:15 / CYBER C. / Tom	11:20 - 12:15 / B. & C. / Juliana
		16:00 - 16:30 / H.I.C / Fitz	16:00 - 16:55 / CYBER C. / Tom	11:20 - 12:15 / CYBER C. / Tom		16:00 - 16:55 / B. & B. / Juliana	
		18:20 - 19:15 / CYBER C. / Tom	18:30 - 19:00 H.I.C / Fitz	16:00 - 16:30 / H.I.C / Fitz	17:00 - 17:55 / SPECIAL / Tom		
EVENING		22:00 WELCOME PARTY				20:00 GALA NIGHT	

SUBJECTS TO CHANGE!

Class Level: All = for everybody / B = Beginner / I = Intermediate / A = Advanced

★ open for all people ♥ no choreography but tough workout

