

IFAA TRAINER PLAZA – FIBO 2024

🕒	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10.00 ▼ 10.30	SAMMOLAHARI® Petra Havelkova	CORE 3D Mathias Naujocks	CORE 3D Mathias Naujocks	DAYO – Dance Yoga Petra Havelkova
10.30 ▼ 11.00	CORE 3D Mathias Naujocks	DAYO – Dance Yoga Petra Havelkova	SAMMOLAHARI® Petra Havelkova	World Jumping® Jumping
11.00 ▼ 11.30	Tôsô X® Stephanie Rebentisch	World Jumping® Jumping	Functional Bodyweight Alessandro Pisanu	Aerobic Revival Mathias Naujocks
11.30 ▼ 12.00	Functional Bodyweight Alessandro Pisanu	Functional Bodyweight Alessandro Pisanu	Aerobic Revival Mathias Naujocks	Functional Bodyweight Alessandro Pisanu
12.00 ▼ 12.30	World Jumping® Jumping	CORE 3D Mathias Naujocks	Tôsô X® Christopher Bursch	Tôsô X® Stephanie Rebentisch
12.30 ▼ 13.00	DAYO – Dance Yoga Petra Havelkova	Schwinn® Cycling Cycling	M.A.X.® Muscle-Activity-Excellence Stephanie Rebentisch	Power Dumbell® Franziska Piel
13.00 ▼ 13.30	Power Dumbell® Franziska Piel	Tôsô X® Christopher Bursch	Schwinn® Cycling Cycling	Schwinn® Cycling Cycling
13.30 ▼ 14.00	Schwinn® Cycling Cycling	Power Dumbell® Franziska Piel	Functional Step Alessandro Pisanu	BODEGA moves® Nina Bacher
14.00 ▼ 14.30	Functional Step Alessandro Pisanu	SAMMOLAHARI® Petra Havelkova	DAYO – Dance Yoga Petra Havelkova	CORE 3D Mathias Naujocks
14.30 ▼ 15.00	SAMMOLAHARI® Petra Havelkova	BODEGA moves® Nina Bacher	World Jumping® Jumping	Tôsô X® Christopher Bursch
15.00 ▼ 15.30	SPINEFITTER by SISSEL® Annegret Sattler	Functional Step Alessandro Pisanu	SISSEL® OCTOCORE Annegret Sattler	Functional Step Alessandro Pisanu
15.30 ▼ 16.00	Tôsô X® Stephanie Rebentisch	SAMMOLAHARI® Petra Havelkova	Tôsô X® Christopher Bursch	DAYO – Dance Yoga Petra Havelkova
16.00 ▼ 16.30	Step Moves Mathias Naujocks	SISSEL® OCTOCORE Annegret Sattler	Functional Bodyweight Alessandro Pisanu	M.A.X.® Muscle-Activity-Excellence Stephanie Rebentisch
16.30 ▼ 17.00	Functional Bodyweight Alessandro Pisanu	Functional Bodyweight Alessandro Pisanu	SAMMOLAHARI® Petra Havelkova	SPINEFITTER by SISSEL® Annegret Sattler
17.00 ▼ 17.30	DAYO – Dance Yoga Petra Havelkova	DAYO – Dance Yoga Petra Havelkova	CORE 3D Mathias Naujocks	SAMMOLAHARI® Petra Havelkova