

STUNDENPLAN

FITNESS DAY

GRAZ

22.04.2023

Uhrzeit	HALLE 1	HALLE 2	HALLE 3
09:00 - 09:50	STEP Mirjan Tahiraj Level 2-3	BURN HIIT Marko Gersak	WAKE UP YOGA Sandra Burdet
10:00 - 10:50	AERODANCE Luciano Mottola Level 1-2	POWER YOGA Sandra Burdet	DYNAMIC & STATIC STRETCH Marija Andrijasevic
11:00 - 11:50	STEP MOVES Milan Ondrus Level 2-3	KICK POWER MIX Teddy	NEUROMOBILITY Krista Gärtner
12:00 - 12:50	STEP (back to basic) Marija Andrijasevic Level 1-2	FACTS functional and careful training Milan Ondrus	PILATES Marko Gersak
Mittagspause			
14:00 - 14:50	STEP IDEAS Luciano Mottola Level 2-3	BURN-JUST FIT Marko Gersak	DAYO DANCE YOGA Sandra Burdet
15:00 - 15:50	STEP Mirjan Tahiraj Level 2-3	FUNCTIONAL BOOTCAMP Marija Andrijasevic	
16:00 - 16:50	DANCE MOVES Milan Ondrus Level 1-2	FUNCTIONAL STEP Luciano Mottola	
17:00 - 17:50	DANCE MOVES (back to basic) Mirjan Tahiraj Level 1-2	FUSION BALANCE Marko Gersak	

Änderungen vorbehalten!