

IFAA TRAINER PLAZA – FIBO 2023

	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10.00 ▼ 10.30	DAYO – Dance Yoga Michaela Süßbauer	CORE 3D Dominika Toppmöller	DAYO – Dance Yoga Michaela Süßbauer	CORE 3D Mathias Naujocks
10.30 ▼ 11.00	CORE 3D Mathias Naujocks	DAYO – Dance Yoga Michaela Süßbauer	CORE 3D Mathias Naujocks	World Jumping® Jumping
11.00 ▼ 11.30	Tôsô X Stephanie Rebentisch	World Jumping® Jumping	M.A.X.® Muscle-Activity-Excellence Stephanie Rebentisch	Tôsô X Christopher Bursch
11.30 ▼ 12.00	CORE 3D Dominika Toppmöller	SPINEFITTER by Sissel®	Functional Workout Mathias Naujocks	M.A.X.® Muscle-Activity-Excellence Stephanie Rebentisch
12.00 ▼ 12.30	World Jumping® Jumping	Tôsô X Stephanie Rebentisch	Aerobic Revival Dominika Toppmöller	Aerobic Revival Dominika Toppmöller
12.30 ▼ 13.00	SPINEFITTER by Sissel®	Rainbow Road Schwinn Cycling® Tobias Baginski	Women BestAge Fitness (Vortrag) Jutta Schuhn	SPINEFITTER by Sissel®
13.00 ▼ 13.30	Women BestAge Fitness (Vortrag) Jutta Schuhn	Performance Trainer Peter Schiller	Fartlek „Farbenspiel“ Schwinn Cycling® Phil Mosemann	Fartlek „Ride as one“ Schwinn Cycling® Phil Mosemann
13.30 ▼ 14.00	Hill „Skycling“ Schwinn Cycling® Tobias Baginski	Power Dumbell® Franziska Piel	Step moves Mathias Naujocks	Functional Workout Mathias Naujocks
14.00 ▼ 14.30	DAYO – Dance Yoga Michaela Süßbauer	Functional Workout Mathias Naujocks	DAYO – Dance Yoga Michaela Süßbauer	n.m.s.® performance system (Vortrag) Martin Sedivy
14.30 ▼ 15.00	M.A.X.® Muscle-Activity-Excellence Stephanie Rebentisch	ISO ReGeN Regenerationstraining Tigran Mikayelyan	World Jumping® Jumping	DAYO – Dance Yoga Michaela Süßbauer
15.00 ▼ 15.30	n.m.s.® performance system (Vortrag) Martin Sedivy	Tôsô X Christopher Bursch	SPINEFITTER by Sissel®	CORE 3D Mathias Naujocks
15.30 ▼ 16.00	Step moves Mathias Naujocks	n.m.s.® performance system (Vortrag) Martin Sedivy	Functional Workout Mathias Naujocks	ISO ReGeN Regenerationstraining Tigran Mikayelyan
16.00 ▼ 16.30	Power Dumbell® Franziska Piel	CORE 3D Mathias Naujocks	Tôsô X Christopher Bursch	Tôsô X Christopher Bursch
16.30 ▼ 17.00	Tôsô X Stephanie Rebentisch	DAYO – Dance Yoga Michaela Süßbauer	DAYO – Dance Yoga Michaela Süßbauer	M.A.X.® Muscle-Activity-Excellence Stephanie Rebentisch
17.00 ▼ 17.30	DAYO – Dance Yoga Michaela Süßbauer	M.A.X.® Muscle-Activity-Excellence Stephanie Rebentisch	Dynamic Mobility Flow Franziska Piel	DAYO – Dance Yoga Michaela Süßbauer