



SCHEDULE GROUP FITNESS PROGRAMME

HALL 5.1, STAGE 1 + 2

FREESTYLE + BODY AND MIND

STAGE 1	SATURDAY APRIL 08	SUNDAY APRIL 09
08:30 A.M. – 09:15 A.M.	STEP ARGENTINA – GUILLERMO G. VEGA	HIIT THE FLOOR – JONATHAN CANADA
09:20 A.M. – 10:05 A.M.	PILATES CLASSICAL – KATIA VASILENKO	EN-FLIGHTENED FLOW – FABRICE TYACK
10:10 A.M. – 10:55 A.M.	BAILA BAILA DANCE – CLAUDIO MELAMED	STEP IMPACT – REMY HULEUX
11:00 A.M. – 11:45 A.M.	BODYBALANCE – TARSIA THARUN	DYNAMIC YOGA – LUKAS KOLEK
11:50 A.M. – 12:35 P.M.	DANCE STEP – MARC O. KLUIKE	GLAM DANCE – GUILLERMO G. VEGA
12:40 P.M. – 01:25 P.M.	PILATES ON THE STEP – KATIA VASILENKO	FLYBOARD DYNAMIC & BALANCE – GENNARO SETOLA
01:30 P.M. – 02:15 P.M.	DANCE AERO PARIS – REMY HULEUX	HI-LO-PES DANCE – GIL LOPES
02:20 P.M. – 03:05 P.M.	BODY FLY GENESIS – GENNARO SETOLA	FUSION BARRE PILATES – ROMANA CRAINIC
03:10 P.M. – 03:55 P.M.	AERODANCE PASSION – JESSICA EXPOSITO	STEP KEOPS – CLAUDIO MELAMED
04:00 P.M. – 04:45 P.M.	CROSSYOGA – JONATHAN CANADA & FABRICE TYACK	OPEN HEART OPEN MIND – FABRICE TYACK
04:50 P.M. – 05:35 P.M.	STEP NO STOP – GIL LOPES	DANCE AEROBIC – MARC O. KLUIKE

MORE BODY AND MIND: WORKSHOP ROOM 1, 08:30 A.M. – 09:15 A.M.

PRE CHOREOGRAPHIC

STAGE 2	SATURDAY APRIL 08	SUNDAY APRIL 09
08:30 A.M. – 09:15 A.M.	PILOXING KNOCKOUT – VIVECA JENSEN	BODYCOMBAT – BETTINA KELLER
10:10 A.M. – 10:55 A.M.	POUND ROCKOUT WORKOUT – KIRSTEN POTENZA	STRONG BY ZUMBA – AI LEE SYARIEFF
11:50 A.M. – 12:35 P.M.	STRONG BY ZUMBA – AI LEE SYARIEFF	PILOXING BARRE – VIVECA JENSEN
01:30 P.M. – 02:15 P.M.	BODYATTACK – BETTINA KELLER	ZUMBA FITNESS PARTY
03:10 P.M. – 03:55 P.M.	PILOXING SSP – VIVECA JENSEN	BIG DANCE – JONATHAN CANADA
04:50 P.M. – 05:35 P.M.	ZUMBA FITNESS PARTY	SH'BAM – ISABELL SCHRUF



SCHEDULE HIP HOP PROGRAMME

HALL 4.1, HIP HOP STAGE

HIP HOP

HIP HOP STAGE	SATURDAY APRIL 08
09:20 A.M. – 10:05 A.M.	ANDREAS "WICKEDMINDS" MAINTZ – HIP HOP CHOREO
11:00 A.M. – 11:45 A.M.	MARCO "OBELIXX" MENEZES – HOUSE
12:40 P.M. – 01:25 P.M.	ANDREAS "WICKEDMINDS" MAINTZ – LOCKING
02:20 P.M. – 02:05 P.M.	MARCO "OBELIXX" MENEZES – AFRO DANCE
04:00 P.M. – 04:45 P.M.	STEF FERRET – OLD SCHOOL HIP HOP



SCHEDULE THEORY + WORKSHOPS PROGRAMME

HALL 5.1, AUDITORIUM + WORKSHOP ROOMS

KEY NOTE SPEAKERS

AUDITORIUM	SATURDAY APRIL 08	SUNDAY APRIL 09
08:30 A.M. – 09:15 A.M.		
09:20 A.M. – 10:05 A.M.	PETER VAN DER STEEGE	BRENDAN CHAPLIN
11:00 A.M. – 11:45 A.M.	KARL ESS	NIELS GRONAU
12:40 P.M. – 01:25 P.M.	EMMA BARRY	ROBERT CAPPuccio
02:20 P.M. – 02:05 P.M.	RICHARD SCRIVENER	MATTEO CERRUTI
04:00 P.M. – 04:45 P.M.		

CORE + MOVEMENT, TRAINING + BODY AND MIND

WORKSHOP ROOM 1	SATURDAY APRIL 08	SUNDAY APRIL 09
08:30 A.M. – 09:15 A.M.	REHAB PILATES	BARRE TRAINING
09:20 A.M. – 10:05 A.M.	RICHARD SCRIVENER	RICHARD SCRIVENER
11:00 A.M. – 11:45 A.M.	CESAR MUNOZ	ROBERT STEINBACHER
12:40 P.M. – 01:25 P.M.	GERARD VAN DER POEL	MATTEO CERRUTI
02:20 P.M. – 02:05 P.M.	CESAR MUNOZ	TO BE DEFINED
04:00 P.M. – 04:45 P.M.	GERARD VAN DER POEL	GEORGE XIROS

BEHAVIOR CHANGE + NUTRITION

WORKSHOP ROOM 2	SATURDAY APRIL 08	SUNDAY APRIL 09
08:30 A.M. – 09:15 A.M.		
09:20 A.M. – 10:05 A.M.	JAN MIDDELKAMP	ALEXIS BATRAKOULIS
11:00 A.M. – 11:45 A.M.	KELBY JONGEN	INT. SPORTS SCIENCE
12:40 P.M. – 01:25 P.M.	BAS HOLLANDER	ELAV
02:20 P.M. – 02:05 P.M.	ROBERT CAPPuccio	ALEXIS BATRAKOULIS
04:00 P.M. – 04:45 P.M.	BAS HOLLANDER	ROBERT CAPPuccio

PERFORMANCE

SEMINAR ROOM	SATURDAY APRIL 08	SUNDAY APRIL 09
08:30 A.M. – 09:15 A.M.		
09:20 A.M. – 10:05 A.M.	ANTHONY WALL	TO BE DEFINED
11:00 A.M. – 11:45 A.M.	RENATA AGO	GABRIELLA BANKUTI
12:40 P.M. – 01:25 P.M.	ANTHONY WALL	WOLFGANG KEMMLER
02:20 P.M. – 02:05 P.M.	BRENDAN CHAPLIN	BRENDAN CHAPLIN
04:00 P.M. – 04:45 P.M.	RENATA AGO	GABRIELLA BANKUTI