


EURO CONVENTION AUSTRIA

STUNDENPLAN

	MAIN STAGE	FUNCTIONAL STAGE	HEALTH STAGE	TREND STAGE
09:00 - 09:10 WARMUP - INTRODUCTION				
09:15 - 10:15	HY - FUNCTIONAL HIIT meets YOGA FLOW ROMAN BAYER	NEUROMOBILITY Patrick Meinart	SENIOR FITNESS - STARKE MUSKELN STARKE KNOCHEN Janina Raab	CRAP® Nina Schwörer
10:30 - 11:30	Bewegter Rücken Flows Gunda Slomka	FUNCTIONAL MOBILITY Patricia Bachmann	PILATES NEW AGE Christian Gasch	Piloxing® Piloxing Sisters
11:45 - 12:45	DEEPWORK® - Power of Polarity Robert Steinbacher - Christian Gasch	NATURAL FLOW® Johanna Fellner	FUNCTIONAL AGING Janina Raab	Rock The Billy René Taumberger
12:45 - 13:30 MITTAGSPAUSE				
13:30 - 14:30	HITup! - The functional HIIT Workout Roman Bayer	PILATES FLOWS Andrea Gundel	WIRBELSÄULE IM FOKUS Andi Goller	CRAP® Nina Schwörer
14:45 - 15:45	HEALTHY BACK Johanna Fellner	NEUROATHLETIK Patrick Meinart	FASZIEN IN BEWEGUNG Gunda Slomka	Piloxing® Piloxing Sisters
16:00 - 17:00	COMPLETE BODY WORKOUT Andi Goller	WAVELATICS® Patricia Bachmann	BODYART - Mobility Strech & Release Robert Steinbacher - Christian Gasch	Rock The Billy René Taumberger
ABSCHLUSS				

