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|--|--|---|--|---|---|---|---|--|--|---|--|---|--|---|
| EP ARENA 1   | EP ARENA 2   | EP-DOME   | BALLSAAL BERLIN  | GOETHE                                    | SALA BIANCA   | FOYER PALLADIUM   | EP TEATRO   | CIRCUS CELEBRATION   | VERSAILLES   | FOYER 4D-KINO   | OUTDOOR  | CONVENTO  | REFECTORIUM  | STUDIO 2  |
| 11.00 - 12.00<br>P<br>WORLD JUMPING®<br>TOTALLY 80'S<br>Nadine Müller<br>         | POUND®<br>Pia  | LATINO LINE DANCE<br>Farid<br>   | BODY SHAPE<br>Ivam da Silva<br>         |   | STEP'N'BASE<br>SYMMETRIC STEP<br>Martin Zieralko<br> | INTERVALL-TRAINING<br>Sandra Schuler  | Masala Bhangra Workout®<br>BOLLYWOOD<br>Dominique Day   |  | ZenDoChan YOGA<br>C. Arnold & S. Helmboldt   | MEHR HAPPINESS & GELASSENHEIT IM ALLTAG<br>Sonja Affterbach<br>      | HIGH INTENSIV INTERVALL TRAINING<br>LAUFMAMALAUF<br>          | SELF CONFIDENCE THROUGH DANCE WITH BURLESQUE STAR<br>Celeste de Moriae<br> | BODEGA Reflow®<br>S. Rohr & R.Schulzki<br>                    | CONTEM-PORARY<br>Katja Mack<br>                |
| 12.30 - 13.30<br>P<br>WORLD JUMPING®<br>LADIES POWER<br>N. Müller & J. Püspök<br> | 4STREAZ®<br>Schweppy & Team<br>   | H.I.I.T.<br>Juliana da Costa<br> | NEURO MOBILITY TRAINING<br>Marco Colella   | KOCH-WORKSHOP EDEKA<br>Ernährungs-service | DANCE STEP<br>Ivam da Silva<br>                      | STRONG BY ZUMBA®<br>Gracia Hemer  | LYRICAL Romeyo Weiß   | IHR GESICHT, IHRE BRILLE<br>TYPBERATUNG<br>Julia Leithold<br>   | VINYASA POWER YOGA<br>Tina Albrecht<br> | GESUNDES KOMMUNIZIEREN<br>Angela Diez<br>                            | SLOWJOGGING<br>Annette Schreiber<br>                          | GOGO, SHOWDANCE & BURLESQUE<br>THE DIFFERENCES<br>Celeste de Moriae<br>    | CHOREOLOGY BY SALSATION®<br>Claudia Thiele   | YOGA<br>Andreas Grunenberg-Masche<br>          |
| Mittagspause / lunch break / pause de midi 13.30 - 15.00 Uhr   |  |   |  |   |   |   |   |  |  |   |  | Mittagspause / lunch break / pause de midi 13.30 - 15.00 Uhr  |  |   |
| 15.00 - 16.00<br>P<br>ZUMBA®<br>Karsten Dam Frandsen   | SHADOW-BOXER®<br>Marco Colella   | WOMEN ATHLETIC TRAINING<br>Michael de la Cruz   | La Kossa® FITNESS<br>Ari   | KOCH-WORKSHOP EDEKA<br>Ernährungs-service | ELEKTRO-SWING<br>Jenn Harry<br>                    | ABBA HALLO<br>Romeyo Weiß   | SALSA LADYSTYLE<br>Farid<br>   | IHR GESICHT, IHRE BRILLE<br>TYPBERATUNG<br>Julia Leithold<br> | FASZIEN YOGA<br>Tasja Walther<br>     | MEIN BERUF U.N.G. UNTERNEHMEN.NEU. GESTALTEN<br>Mirijam Kobzan<br> | OUTDOOR FUNCTIONAL<br>LAUFMAMALAUF<br>                      | HEELS CLASS<br>Alanis Martinec<br>  | ALOHA ALLERSEITS<br>LEBE WIE EINE WELLE IM OZEAN<br>Pia<br> | MALEN & ZEICHNEN<br>Uta Tebel & Olga Mai<br> |
| 16.30 - 17.30<br>P<br>KamiBo®<br>Michael de la Cruz  | 4STREAZ®<br>Schweppy & Team<br> | MUSICAL SHOWDANCE<br>CHOREO 1<br>Sascha Epstein   | bodyART®<br>Sandra Schuler   | KOCH-WORKSHOP EDEKA<br>Ernährungs-service | FUNCTIONAL FLOW<br>Martin Zieralko<br>             | FREE-ATHLETICS<br>Nadine Müller   | PowerRobic®<br>Susi & Anja<br> | HANDCREME SELBER MISCHEN<br>Jessi & Vroni<br>                 | THE MIX BY PILOXING®<br>Gracia Hemer   | GESUNDES WORK-LIFE<br>Angela Diez<br>                              | SANFTER EINSTIEG INS LAUFEN<br>A. Faller & H. Drechsler<br> | ROOTZ BY SALSATION®<br>Claudia Thiele   | TAGES MAKEUP<br>The Make-Artists   | MALEN & ZEICHNEN<br>Uta Tebel & Olga Mai<br> |
| 18.00 - 19.00<br>P<br>ANIMAL WORKOUT<br>Marco Colella  | FASZIEN TRAINING<br>Sandra Schuler   | PILOXING®<br>Dominique Day  | bodyART® STRETCH<br>Ivam da Silva<br> |   | MUSICAL SHOWDANCE<br>CHOREO 2<br>Sascha Epstein   | DAYO<br>Petra Havelkova<br> | PowerRobic®<br>Susi & Anja<br> | LIPPENBALSAM SELBER HERSTELLEN<br>Jessi & Vroni<br>           | GROOVE DANCE by Misty Tripoli™<br>Annabelle Neudam   | LINK MOVES®<br>GEHIRN AN-STRESS AUS<br>Heidrun Link<br>            | SLOWJOGGING<br>Annette Schreiber<br>                        | DANCEHALL<br>Alanis Martinec<br>   | ABEND MAKEUP<br>The Make-Artists   | WSG & RELAX<br>Manuela Kolb<br>              |

| BEREICH EP-DOME  |  |   |  |   |  |  |   |   |  |   |  | HOTEL SANTA ISABEL  |   | HOTEL COLOSSEO   | FITNESS-CLUB  |
|--|--|---|--|---|--|--|---|---|--|---|--|---|---|--|---|
| EP ARENA 1   | EP ARENA 2   | EP-DOME   | BALLSAAL BERLIN  | GOETHE                                    | SALA BIANCA  | FOYER PALLADIUM  | EP TEATRO   | CIRCUS CELEBRATION  | VERSAILLES   | FOYER 4D-KINO   | OUTDOOR  | CONVENTO  | REFECTORIUM   | LA SCALA   | STUDIO 2  |
| 09.30 - 10.30<br>P<br>STRONG BACK RELAX<br>Juliana da Costa<br>                 | ROOTZ BY SALSATION®<br>Claudia Thiele  | 4STREATZ®<br>Schweppy & Team<br>   | bodyART®<br>STRENGTH<br>Ivam da Silva<br> |   | A STEP ASYMMETRIC STEP<br>Martin Zieralko<br> | HIP HOP<br>Heinrich Herrmann<br> | PowerRobic®<br>Susi & Anja<br>   | LIPPENBAL-SAM SELBER HERSTELLEN<br>Jessi & Vroni<br>                     | YOGA<br>Verena Guschal<br>                    | SELBST-BEWUSSTES 2020<br>Nicole Haut<br>                                   | SLOW-JOGGING<br>Katharina Hofmann<br>                         | ZUMBA®<br>Karsten Dam Frandsen<br> | BODEGA moves®<br>S. Rohr & R. Schulzki<br> | ATHLETIC WORKOUT<br>Marco Colella  | WSG & RELAX<br>Manuela Kolb<br>                |
| 11.00 - 12.00<br>P<br>WORLD JUMPING®<br>FESTO DO BRASIL<br>Juliana da Costa<br> | POUND®<br>Pia  | FunTone®<br>BASIC THE FUNCTIONAL BODY REVOLUTION<br>Jana Spring   | deepWORK®<br>Robert Steinbacher  | KOCH-WORKSHOP EDEKA<br>Ernährungs-service | EASY PARTNER-AKROBATIK<br>Sascha Epstein   | TÔSÔ X<br>Christopher Bursch<br> | PowerRobic®<br>Susi & Anja<br>   | LIPPENBAL-SAM SELBER HERSTELLEN<br>Jessi & Vroni<br>                     | NIM* FINEST BODYWORK<br>Christiane Figura<br> | MOTIVATION ZUM LAUFEN<br>DIE DOSIS MACHT'S<br>A. Faller & H. Drechsler<br> | HIGH INTENSIV INTERVALL TRAINING<br>LAUFMAMALAUF<br>          | ROCK THE BILLY®<br>Saskia Reuter  | STRONG BY ZUMBA®<br>Gracia Hemer  | La Kossa®<br>Fitness Ari   | ZUMBA®<br>GOLD<br>Oxana Weide<br>              |
| 12.30 - 13.30<br>P<br>WORLD JUMPING®<br>YOUNGGO<br>J. Mechler & J. Püspök<br>   | BRAZILIAN STYLE<br>Juliana da Costa<br> | FUNCTIONAL FLOW<br>CIRCLE OF LIFE<br>Jana Spring  | YOGA<br>Verena Guschal<br>                | KOCH-WORKSHOP EDEKA<br>Ernährungs-service | CONTEMPORARY<br>Sascha Epstein   | HIP HOP<br>Heinrich Herrmann<br> | SALSATION®<br>Claudia Thiele  | HANDCREME SELBER MISCHEN<br>Jessi & Vroni<br>                            | PILATES<br>Melanie von Alberti<br>            | MENSCHEN-KENNTNIS<br>Heidrun Link<br>                                      | SANFTER EINSTIEG INS LAUFEN<br>A. Faller & H. Drechsler<br>   | BODEGA®<br>Tasja Walther<br>       | dubisst®<br>Ina Walter<br>                 | CHAIR ON FIRE<br>Romeyo Weiß   | VOCAL COACHING<br>Dominik Büchele<br>          |
| Mittagspause / lunch break / pause de midi 13.30 - 15.00 Uhr   |  |   |  |   |  |  |   |   |  |   |  | Mittagspause / lunch break / pause de midi 13.30 - 15.00 Uhr  |   |  |   |
| 15.00 - 16.00<br>P<br>LATINO AEROBIC<br>Ivam da Silva<br>                     | SHADOW-BOXER®<br>Marco Colella   | 4STREATZ®<br>Schweppy & Team<br> | bodyART®<br>BY 5 ELEMENTS<br>Robert Steinbacher  | KOCH-WORKSHOP EDEKA<br>Ernährungs-service | SALSA LADYSTYLE<br>Farid<br>                | ROCK THE BILLY®<br>Saskia Reuter   | SELF CONFIDENCE THROUGH DANCE WITH BURLESQUE STAR<br>Celeste de Moriae<br> | IHR GESICHT, IHRE BRILLE TYPBERATUNG<br>Julia Leithold<br>             | VINYASA POWER YOGA<br>Tina Albrecht<br>     | MENTALE FITNESS<br>Sonja Afflerbach<br>                                  | OUTDOOR FUNCTIONAL<br>LAUFMAMALAUF<br>                      | DAFUNC XL<br>Nicole Haut  | TAGES MAKEUP<br>The Make-Artists  | POUND®<br>Pia  | VOCAL COACHING<br>Dominik Büchele<br>        |
| 16.30 - 17.30<br>P<br>BODY SHAPE<br>Ivam da Silva<br>                         | NEURO MOBILITY TRAINING<br>Marco Colella   | FULLBODY INTERVALL WORKOUT<br>Sandra Schuler  | FUNCTIONAL STRETCHING & FLEXIBILITY<br>Jana Spring   |   | ZUMBA®<br>Gracia Hemer   | STREET VS. ELEGANZA<br>Romeyo Weiß   | GOGO, SHOWDANCE & BURLESQUE<br>THE DIFFERENCES<br>Celeste de Moriae<br>    | IHR GESICHT, IHRE BRILLE TYPBERATUNG<br>J. Leithold & A. Ballschuh<br> | BACHATA LADY-STYLING<br>Farid<br>           | LINK MOVES®<br>GEHIRN AN - STRESS AUS<br>Heidrun Link<br>                | SANFTER EINSTIEG INS LAUFEN<br>A. Faller & H. Drechsler<br> | DANCESS MTV<br>Nicole Haut  | ABEND MAKEUP<br>The Make-Artists  | DAYO<br>Petra Havelkova<br> | MALEN & ZEICHNEN<br>Uta Tebel & Olga Mai<br> |

| BEREICH EP-DOME  |  |  |  |  |  |   |   |   |   |  |  | HOTEL SANTA ISABEL   |  | HOTEL COLOSSEO  | FITNESS-CLUB   |  |
|--|--|--|--|--|--|---|---|---|---|--|--|--|--|---|--|--|
| EP ARENA 1   | EP ARENA 2   | EP-DOME  | BALLSAAL BERLIN  | GOETHE   | SALA BIANCA  | FOYER PALLADIUM   | EP TEATRO   | CIRCUS CELEBRATION  | VERSAILLES  | FOYER 4D-KINO  | OUTDOOR  | CONVENTO   | REFECTORIUM  | LA SCALA  | STUDIO 2   |  |
| 09.30 - 10.30<br>P   | MUSICAL SHOWDANCE<br>CHOREO 1<br>Sascha Epstein<br> | BODY SHAPE<br>Ivam da Silva<br>         | ATHLETIC-FLOW™<br>Sandra Schuler   |  | STEP MEETS TANGO<br>Martin Zieralko<br> | MASH IT UP FITNESS<br>Tammy<br>        | ANIMAL WORKOUT<br>Marco Colella   | IHR GESICHT, IHRE BRILLE TYPBERATUNG<br>J. Leithold & A. Ballschuh<br> | NIM* FIVE<br>Christiane Figura<br>                                     | ENERGIE-RÄUBER ADE<br>Nicole Haut<br>                                 | SLOW-JOGGING<br>Katharina Hofmann<br>                             | Masala Bhangra Workout®<br>BOLLYWOOD<br>Dominique Day  | THE MIX BY PILOXING®<br>Gracia Hemer   | ARM STYLING<br>Melissa Ortiz-Gomez  | YOGA<br>Andreas Grunenberg-Masche<br>     |  |
| 11.00 - 12.00<br>P   | WORLD JUMPING® DANCE<br>Jasmin Mechler<br>          | POUND®<br>Pia  | ZUMBA®<br>Ivam da Silva<br>   | bodyART® MYOFASCIAL TRAINING<br>Robert Steinbacher   | KOCH-WORKSHOP EDEKA<br>Ernährungs-service  | FUNCTIONAL STEP<br>Martin Zieralko<br> | BRAZILIAN STYLE<br>Juliana da Costa<br> | ATHLETIC WORKOUT<br>Marco Colella   | IHR GESICHT, IHRE BRILLE TYPBERATUNG<br>J. Leithold & A. Ballschuh<br> | PILATES<br>Melanie von Alberti<br>                                    | MENSCHEN-KENNTNIS<br>Heidrun Link<br>                             | HIGH INTENSIV INTERVALL TRAINING<br>LAUFMAMALAUF<br>LAUFMAMALAUF   | SELF CONFIDENCE THROUGH DANCE WITH BURLESQUE STAR<br>Celeste de Moriae  | GROOVE DANCE by Misty Tripoli™<br>Annabelle Neudam  | ABBA HALLO<br>Romeyo Weiß  | HIP HOP<br>The K.<br>                     |
| 12.30 - 13.30<br>P   | WORLD JUMPING® WORKOUT<br>Nadine Müller<br>         | FUNCTIONAL FLOW<br>Juliana da Costa<br> | KamiBo®<br>Michael de la Cruz  | bodyART® STRUCTURE<br>Robert Steinbacher   | KOCH-WORKSHOP EDEKA<br>Ernährungs-service  | SALSA LADYSTYLE<br>Farid               | La Kossa® FITNESS<br>Ari  | DAFUNC XL<br>Nicole Haut  | HANDCREME SELBER MISCHEN<br>Jessi & Vroni<br>                          | HIP HOP<br>Heinrich Herrmann<br>                                      | SELBST-HYPNOSE<br>Carsten Fenner<br>                              | SLOW-JOGGING<br>Katharina Hofmann<br>   | GOGO, SHOWDANCE & BURLESQUE<br>THE DIFFERENCES<br>Celeste de Moriae     | dubisst®<br>Ina Walter<br> | CHA CHA CHA CHOREO<br>Melissa Ortiz-Gomez  | ZUMBA® GOLD<br>Oxana Weide<br>            |
| Mittagspause / lunch break / pause de midi 13.30 - 15.00 Uhr |  |  |  |  |  |   |   |   |   |  |  |  |  |   |  |  |
| 15.00 - 16.00<br>P   | 4STREAZ®<br>Schweppy & Team<br>                   | SHADOW-BOXER®<br>Marco Colella   | LATINO LINE DANCE<br>Farid  | bodyART® YIN YANG<br>Robert Steinbacher  | KOCH-WORKSHOP EDEKA<br>Ernährungs-service  | PILOXING®<br>Dominique Day  | DANCESS AMAZON<br>Nicole Haut   | MASH IT UP FITNESS<br>Tammy<br>                                      | HANDCREME SELBER MISCHEN<br>Jessi & Vroni<br>                        | FREE-ATHLETICS<br>Nadine Müller  | TAGES MAKEUP<br>The Make-Artists   | OUTDOOR FUNCTIONAL<br>LAUFMAMALAUF<br>LAUFMAMALAUF   | VINTAGE SOLO JAZZ<br>Jenn Harry<br>                                   | ABNEHMEN MIT HYPNOSE<br>Carsten Fenner  | CHAIR ON FIRE<br>Romeyo Weiß   | FUNCTIONAL FLOW<br>Kerstin Wohnlich<br> |
| 16.30 - 17.30<br>P   | STRETCH & RELAX<br>Sandra Schuler  | SALSATION®<br>Claudia Thiele   | SAMBA CHOREO<br>Melissa Ortiz-Gomez  | bodyART® STRETCH<br>Ivam da Silva<br> |  | TÔSÔ X<br>Christopher Bursch<br>     | HIP HOP<br>Heinrich Herrmann<br>       | ZenDoChan YOGA<br>C. Arnold & S. Helmboldt  | LIPPENBAL-SAM SELBER HERSTELLEN<br>Jessi & Vroni<br>                 | YIN YANG FLOW<br>DER WEG ZU DEINEM HERZEN<br>Michael de la Cruz<br> | MEHR HAPPINESS & GELASSENHEIT IM ALLTAG<br>Sonja Afflerbach<br> | SLOW-JOGGING<br>Katharina Hofmann<br> | ZUMBA®<br>Karsten Dam Frandsen<br>                                    | MUSICAL SHOWDANCE CHOREO 2<br>Sascha Epstein  | FUNCTIONAL FLOW<br>Kerstin Wohnlich<br> |  |