

# Freitag

	Raum: Sporthalle	Raum: Center Court	Raum: Badmintonhalle	Raum: Schleswig	Raum: Eckernförde	Raum: Kappeln	Raum: Missunde
14:00 - 15:45 Uhr						Workshop "Bootcamp - Pump your Body" <i>David</i>	
15:45 - 17:15 Uhr						Workshop "Der WOW! Faktor" <i>Lexie</i>	
17:15 - 18:00 Uhr				"Back to the roots!" Charity Fun Class <i>Ulli, Lexie, Esben, David</i>			
19:30 - 20:30 Uhr	Welcome to Crazee Xmas 2011 <i>alle</i>						

## Samstag

	Raum: <u>Sporthalle</u>	Raum: <u>Center Court</u>	Raum: <u>Badmintonhalle</u>	Raum: <u>Schleswig</u>	Raum: <u>Eckernförde</u>	Raum: <u>Kappeln</u>	Raum: <u>Missunde</u>
9:00 - 10:00 Uhr	Step Feelings <i>Oliver</i>	Train hard and smart - Flexi-Bar® & XCO® <i>Kimberly</i>	Heartdance <i>Hendrik</i>	Welcome to Drums Alive® <i>Ulli, Angie, Romeyo, Michael</i>	VINYASA Yoga (Absolute Beginner Class) <i>Karo</i>	Pilates Flow <i>Anette</i>	
10:20 - 11:20 Uhr	HOT IRON™ 1 <i>Jens</i>	Kami-Bo <i>Michael</i>	Jazzy Move <i>Romeyo</i>	Bootcamp - Pump your Body <i>Esben, David</i>	Rücken Yoga <i>Evelyn</i>	Just House <i>Danny</i>	
11:40 - 12:40 Uhr	Step Fusion! <i>Hendrik</i>	IRON WORKOUT™ <i>Sandra</i>	Funk and Dance Style <i>Oliver</i>	Zumba® - Join the Party! <i>Amadou</i>	VINYASA Yoga gentle Flow <i>Karo</i>	Pilates Ideas <i>Anette</i>	Branding - Erfolg für Arbeit und Leben <i>Lexie</i>
13:00 - 13:45 Uhr	TBW with Step <i>David</i>			Dance NON Stop <i>Romeyo</i>			
14:00 - 15:00 Uhr	Step Moves <i>Sandra</i>	XCO® Shape <i>Kimberly</i>	Latin Fiesta <i>Anette</i>	Music Moves <i>Danny</i>	Yoga - Feeling Good <i>Evelyn</i>	Red Line Workout <i>Hendrik</i>	Trommelfitness für Jeden <i>Angie</i>
15:20 - 16:20 Uhr	HOT IRON™ 2 <i>Jens</i>	Kami-Bo Harmony <i>Michael</i>	Zumba® <i>Amadou</i>	Drums Alive® Power Beats <i>Ulli</i>	VINYASA Yoga Core Strength <i>Karo</i>	Fitness-Pilates <i>Esben</i>	
16:40 - 17:40 Uhr	Latin Dance Step <i>Oliver</i>	Flexi-Bar® Wellness <i>Kimberly</i>	Aerobic Hi/low <i>Hendrik</i>	Drums Alive® Mixed Special <i>Angie &amp; Michael</i>	Yoga "Klang des Herzens" <i>Evelyn</i>	BBP <i>David</i>	
18:00 - 18:45 Uhr	3/4 Step <i>Danny</i>	MEDICAL IRON™ <i>Jens</i>	Stretching <i>Romeyo</i>				

## Sonntag

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9:00 - 10:00 Uhr	IRON CROSS™ <i>Jens</i>	Aroha <i>Amadou</i>	House-Style <i>Michael</i>	Tone & Drum <i>Ulli</i>	VINYASA Yoga all Level <i>Karo</i>	Souldance <i>Danny</i>	
10:20 - 11:20 Uhr	Boys' Step <i>Oliver &amp; Hendrik</i>	IRON WORKOUT™ <i>Jens</i>	R. Dance Style <i>Romeyo</i>	Drums Alive® Around the World <i>Angie</i>	Power Zen Yoga <i>Sandra</i>	Standing Pilates <i>Anette</i>	Propriozeptives, dreidimensionales Trainieren <i>Kimberly</i>
11:40 - 12:25 Uhr	Step für "Hannelore" <i>Ulli</i>	Kami-Bo Fanatic <i>Michael</i>	Zumba® - Feel it! <i>Amadou</i>	Energy Class 2011 <i>Esben</i>	Yoga "Smiling Buddha" <i>Evelyn</i>	Stretch & Tone <i>David</i>	
12:45 - 13:15 Uhr				Finale "I'm dreaming of..." <i>alle</i>			