

# Timetable

21.06.2025



| Time                   | Titel                                  | Speaker                            |
|------------------------|----------------------------------------|------------------------------------|
| 08:30 – 09:00 h        | Registrierung                          |                                    |
| 09:00 – 10:00 h        | Functional Training Experience         | Stefan Liebezeit & Tim Gondorf     |
| 10:15 – 11:15 h        | TRX YOGA                               | Vero Vegas                         |
| 11:30 – 13:00 h        | Sports Performance & Recovery          | Michael Achenbach & Paul Edmondson |
| <b>13:00 – 14:00 h</b> | <b>Mittagessen</b>                     |                                    |
| 14:00 – 15:00 h        | TRX Strong – Strength & Power Training | Stefan Liebezeit & Tim Gondorf     |
| 15:15 – 16:15 h        | Training the Female Athlete            | Vero Vegas                         |
| 16:30 – 18:00 h        | Move & Recover with TRX x Hyperice     | Michael Achenbach & Paul Edmondson |
| <b>Ab 18:00 h</b>      | <b>CHILL &amp; GRILL</b>               |                                    |