



# CALISTHENICS & HANDBALANCING WORKSHOP

FOR TRAINED BEGINNERS AND INTERMEDIATES

---

14.03.2020- NMS WIESELBURG

**1.BLOCK: TRAININGSGESTALTUNG + ADV. BASICS**

**2.BLOCK: HANDBALANCING**

**3.BLOCK: SKILLS: FRONTLEVER + PLANCHE**

**4. Q&A**

**PRICING: 160€ EARLY BIRD (UNTIL 20.02)**

**190€ REGULAR**