

fitnesslandia

giovedì 23 luglio

	HALL 3°PIANO	HALL 4°PIANO
14.30	ALEX MANZO SPRING ENERGIE	CAROL LOPEZ AERODANCE
15.35	DENIS-SILVIA-RICKY SPRING ENERGIE	SALVA PANEBIANCO AERODANCE
16.40	REMY HULEUX SPRING ENERGIE	ALEX & SASA' AERODANCE
17.45	CAROL LOPEZ SPRING ENERGIE	DENIS-SILVIA-RICKY AERODANCE

sabato 25 luglio

	HALL 3°PIANO	HALL 4°PIANO
09.30	DENIS-ALEX-RICKY SPRING ENERGIE	
10.15	KATIA VASILENKO SPRING ENERGIE	LIUBA KONEVA PILATES
11.00	MORGAN MOREAU SPRING ENERGIE	CRISTIANO LOLLO OLISTIC WORKOUT
11.45	DENIS-SILVIA-RICKY SPRING ENERGIE	STEFANO CARLINI BODY WEIGHT
12.30	CARLOS RAMIREZ SPRING ENERGIE	BARBARA MARTELLI XTEMPO ENERGY
13.15	CARLOS & KATIA AERODANCE	ENRICO OLIVIERI STRIKE ZONE
14.00	ALEX & SALVA AERODANCE	
14.45	REMY HULEUX AERODANCE	KATIA VASILENKO PILATES
15.30	SALVA FRANCESCA MARTINO AERODANCE	ANNA RIVIERI FIT FOR DRUMS
16.15	MORGAN MOREAU AERODANCE	STEFANO CARLINI OLISTIC BALANCE
17.00	BENOIT MALLET SPRING ENERGIE	ENRICO OLIVIERI STRIKE ZONE
17.45	REMY - MORGAN BENOIT SPRING ENERGIE	

venerdì 24 luglio

	HALL 3°PIANO	HALL 4°PIANO
09.45	ANNA R & DENIS SPRING ENERGIE	SASA' NOCERINO ABC TONE
10.30	CAROL LOPEZ SPRING ENERGIE	KATIA VASILENKO PILATES
11.15	SALVA - MARTINO FRANCESCA SPRING ENERGIE	CRISTIANO LOLLO OLISTIC WORKOUT
12.00	RICCARDO CAMICIA SPRING ENERGIE	LIUBA KONEVA PILATES
12.45	CAROL LOPEZ AERODANCE	SASA' NOCERINO XTEMPO SCULPT
14.00	CARLOS & KATIA AERODANCE	LUCA PERINI POSTURAL
14.45	REMY HULEUX AERODANCE	ENRICO OLIVIERI STRIKE ZONE
15.30	SALVA PANEBIANCO AERODANCE	CHRISTIAN ZED SUPER JUMP
16.15	MORGAN MOREAU SPRING ENERGIE	ANNA RIVIERI FIT FOR DRUMS
17.00	CARLOS RAMIREZ SPRING ENERGIE	KATIA VASILENKO PILATES
17.45	BENOIT MALLET SPRING ENERGIE	ENRICO OLIVIERI STRIKE ZONE
18.30	CAROL LOPEZ AERODANCE	CHRISTIAN ZED SUPER JUMP

OUTDOOR
CRUISIN'CHALLENGE
LUCA PERINI
ORE 10.15 / ORE 11.00
ORE 11.45 / ORE 14.45
ORE 15.30 / ORE 16.15

conferenza

GALLERIA BLOCK 60

	IL RESPIRO
18.30	CRISTIANO LOLLO OLISTIC WORKOUT LUCA PERINI ALIMENTAZIONE KATIA VASILENKO PILATES EMY BLESIO YOGA

domenica 26 luglio

	HALL 3°PIANO	HALL 4°PIANO
10.00	REMY & SASA' SPRING ENERGIE	ANNA L - ALEX MARTINO AERODANCE
10.45	MORGAN & BENOIT SPRING ENERGIE	CARLOS & KATIA AERODANCE
11.30	IRENE - GIORGIA MARTINO SPRING ENERGIE	DENIS-ALEX-RICKY AERODANCE

ore 21 c/o malindi cattolica
fitness dinner party