

Blue Fitness 2010

PROGRAMMA

MASTERCLASS		MASTERCLASS	WALKING	orario	BLUE DANZA
Orario	Aquafan Palco 1	Aquafan Palco 2	Aquafan Palco 3	Orario	Walkycup
VENERDÌ 27 AGOSTO 2010					
10.00-11.00	REGISTRAZIONI				
11.00-11.50	Julio Papi TOTAL BODY X-WORKOUT	Giovanna Ventura HILO COMBINATIONS	Alex Buldrini WALKING PROGRAM DISCOVERY	11.00-12.20	Carla Rizzo MODERN JAZZ
12.00-12.50	Alexandre Mallier STEP DANCE MADE IN FRANCE	Roberta Campaniolo HILO CHOREOGRAPHY	Francesca Vigneri STRAIGHT STEP		
13.00-13.50	Tom Woll STEP MOVES	Jessica Mellet AEROBICS MADE IN FRANCE	Ilario Cosentino WALKING PROGRAM FOR BEGINNERS	12.30-13.50	Claudio Campanelli HIP HOP
13.50-15.00	BREAK			13.50-14.30	BREAK
15.00-15.50	Francesca Vigneri GAG GPS: SBARRA IN PIEDI	Luca Ruggeri FIT-PILATES TRAINING	Alex Buldrini WALKING PROGRAM FOR INTERMEDIATES	14.30-15.50	C. Bosco & C. Rizzo MODERN JAZZ
16.00-16.50	Alessandro Oliveri STEP IN ACTION	Tom Woll HOUSE MOVES	Ilario Cosentino WALKING PROGRAM FOR ATHLETES	16.00-17.20	Gabriel Francisco HIP HOP
17.00-17.50	Israel Mallebré & David Pozos STEP EXPERIENCE	Evgeny Chausov AEROBIC NEW STYLE	Francesca Vigneri LOW EMERGY - RELAXING		
SABATO 28 AGOSTO 2010					
10.30-11.20	David Pozos STEP FISICO	Israel Mallebré DANCE-LO	Ilario Cosentino RISVEGLIO MUSCOLARE	10.30-11.50	Evgeny Chausov HOUSE
11.30-12.20	Stefano Carlini GOOD MORNING BOOT CAMP!	Alessandro Oliveri HILO IN ACTION	Luca Piancastelli HIGH ENERGY IT		
12.30-13.20	David Stauffer GAG METABOLICO	J. Mellet & A. Mallier AERODANCE	Emanuele Mancinelli ENDURANCE TRAINING	12.00-13.20	Claudia Bosco MODERN JAZZ
13.20-14.00	BREAK				
14.00-14.50	Gil Lopes LOPESTEP	Julio Papi & Tom Woll BRO'S HOUSE PARTY	Luca Piancastelli HIGH / LOW	13.30-14.50	Gabriel Francisco HIP HOP
15.00-15.50	David Stauffer & Luca Ruggeri TOTAL BODY ADVANCED	David Pozos HILO FISICO	Ilario Cosentino SHOULDERS TRAINING	15.00-16.20	C. Bosco & C. Rizzo MODERN JAZZ
16.00-16.50	Jessica Exposito STEP DANCE 2010	Israel Mallebré LATIN JAZZ	Emanuele Mancinelli SHORT INTERVALS AEROBIC TR.	16.30-17.50	Evgeny Chausov HIP HOP
17.00-17.50	Stefano Carlini POWER PUMP IN CASO DI PIOGGIA: STEP & TONE	Donato De Bartolomeo PILATES PROPS	Luca Piancastelli PROPRIOCEPTIVE TRAINING		
DOMENICA 29 AGOSTO 2010					
10.30-11.20	David Stauffer GAG FLUID STRENGTH	Jessica Exposito AERO DANCE 2010	Emanuele Mancinelli WALKING PROGRAM CHOREOGRAPHY	10.30-11.50	Kris HIP HOP
11.30-12.20	Antonella Costantino POWER PUMP FUNZIONALE IN CASO DI PIOGGIA: TOTAL BODY FUSION FREE BODY	Gil Lopes HILOPES	Luca Piancastelli STRENGHT TRAINING		
12.30-13.20	Julio Papi STEP MADE IN PAPI	Elisabetta Cinelli PILATES-GAG	Emanuele Mancinelli SPEED TRAINING	12.00-13.20	Michele Oliva MODERN JAZZ
13.20-14.00	BREAK				
14.00-14.50	Antonella Costantino TOTAL BODY FUSION	Orange Fitness Team FROM RUSSIA WITH HILOVE	Luca Piancastelli WALKING PROGRAM REVIEW	14.00-15.20	Kris HIP HOP
15.00-15.50	Gil Lopes STEPLOPES	Elisabetta Cinelli INTEGRATED POWER STRETCH	Emanuele Mancinelli LAST STEP	15.30-16.50	Michele Oliva MODERN JAZZ
16.00-16.50	Donato De Bartolomeo YOGAFLEX				
<p>La sede di Blue Fitness:</p> <ul style="list-style-type: none"> AQUAFAN, VIALE PISTOIA, RICCIONE <p>IN CASO DI PIOGGIA:</p> <ul style="list-style-type: none"> LICEO SCIENTIFICO, VIA PIACENZA 28, RICCIONE (PALCO 1) SCUOLA MEDIA GEO CENCI, VIALE REGGIO EMILIA 23, RICCIONE (PALCO 2) 					
		 PERCORSO HILO CHOREOGRAPHY	 PERCORSO WALKING		
		 PERCORSO AEROBICA IN STILE	(LEZIONI A NUMERO CHIUSO)		
		 PERCORSO STEP	 PERCORSO DANZA		
		 PERCORSO CONDIZIONAMENTO	 PERCORSO PILATES E BODY MIND		