

# Sibari Beach Fitness 2017 - Programma\*

\* Il programma potrebbe essere suscettibile di variazioni

## Venerdì 9 giugno

Area 1	Area 2	Area 3	Area 4
Fun&Step	Training / Body&mind	Combat Fun	Pool
<b>17.30 - 18.15</b> Jairo Junior Latino aerodance	<b>17.30 - 18.15</b> Maximilian Arcidiaco Thai Fit Kombat		
<b>18.15 - 19.00</b> Gio Bandanas Movida fitness	<b>18.15 - 19.00</b> Lorenzo Sommo Yoga Pilates		

## Sabato 10 giugno

Area 1	Area 2	Area 3	Area 4
Fun&Step	Training / Body&mind	Combat Fun	Pool
<b>10.00 - 10.45</b> Alessandro Belletti Zumba fitness party	<b>10.00 - 10.45</b> Gio Bandanas Rootape Functional	<b>10.00 - 10.45</b> Maximilian Arcidiaco Thai Fit Shao	<b>10.00 - 10.45</b> Fabio Di Cinto Boxing Splash
<b>10.45 - 11.30</b> Lorenzo Sommo Step Fun	<b>10.45 - 11.30</b> Jairo Junior Cross cardio amrap	<b>10.45 - 11.30</b> Ilenia Cicala Sparring Ball	<b>10.45 - 11.30</b> Cristina Tandurella Aqua Beat Buster
<b>11.30 - 12.15</b> Ary Marques Step Fantasy	<b>11.30 - 12.15</b> Cristiano Lollo Olistic workout	<b>11.30 - 12.15</b> Maximilian Arcidiaco Thai Fit Kombat	<b>11.30 - 12.15</b> Fabio Di Cinto 3D Jump
<b>12.15 - 13.00</b> Andre' Cruz Brazuca Fitness	<b>12.15 - 13.00</b> Salvatore Pagano Dynamic Postural	<b>12.15 - 13.00</b> Arcangelo Conocchia Sparring Ball	<b>12.15 - 13.00</b> Ilenia Cicala Functional Splash
<b>16.00 - 16.45</b> Alessandro Belletti Zumba fitness party	<b>16.00 - 16.45</b> Lorenzo Sommo Natural moves		<b>16.00 - 16.45</b> Ilenia Cicala Boxing Splash
<b>16.45 - 17.30</b> Salvatore Pagano Step party	<b>16.45 - 17.30</b> Jairo Junior Mobility	<b>16.45 - 17.30</b> Maximilian Arcidiaco Thai Fit Shao	<b>16.45 - 17.30</b> Cristina Tandurella Aqua Movida
<b>17.30 - 18.15</b> Gio Bandanas Movida fitness	<b>17.30 - 18.15</b> Lenka Matasova Bosu Fun	<b>17.30 - 18.15</b> I. Cicala   A. Canocchia Sparring Ball	<b>17.30 - 18.15</b> Fabio di Cinto 3D Jump
<b>18.15 - 19.00</b> I. Robustelli   L. Cristina Reejam	<b>18.15 - 19.00</b> Cristiano Lollo Olistic workout	<b>18.15 - 19.00</b> Maximilian Arcidiaco Thai Fit Kombat	<b>18.15 - 19.00</b> Ilenia Cicala Functional Splash

## Domenica 11 giugno

Area 1	Area 2	Area 3	Area 4
Fun&Step	Training / Body&mind	Combat Fun	Pool
<b>9.30 - 10.15</b> Alessandro Belletti Zumba fitness party	<b>9.30 - 10.15</b> Lorenzo Sommo Training R-Evolution		
<b>10.15 - 11.00</b> Ivan Robustelli Step house	<b>10.15 - 11.00</b> Cristiano Lollo Olistic workout	<b>10.15 - 11.00</b> Maximilian Arcidiaco Thai Fit Shao	<b>10.15 - 11.00</b> Cristina Tandurella Aqua Movida
<b>11.00 - 11.45</b> Andre' Cruz Brazuca Fitness	<b>11.00 - 11.45</b> Gio Bandanas Rootape Pilates	<b>11.00 - 11.45</b> Arcangelo Conocchia Sparring Ball	<b>11.00 - 11.45</b> Ilenia Cicala Functional Splash
<b>11.45 - 12.30</b> Salvatore Pagano Step challenge	<b>11.45 - 12.30</b> Laura Cristina Pilates matwork	<b>11.45 - 12.30</b> Maximilian Arcidiaco Thai Fit Kombat	<b>11.45 - 12.15</b> Cristina Tandurella Aqua Beat Buster
<b>12.30 - 13.15</b> Ary Marques Step party	<b>12.30 - 13.15</b> Jairo Junior Cross Cardio For Time	<b>12.30 - 13.15</b> Arcangelo Conocchia Sparring Ball	<b>12.15 - 13.00</b> Fabio Di Cinto Boxing Splash
<b>15.00 - 15.45</b> Lenka Matasova Step coreography	<b>15.00 - 15.45</b> Arcangelo Conocchia Sparring Ball		<b>15.00 - 15.45</b> Maximilian Arcidiaco Thai Fit Water
<b>15.45 - 16.30</b> Salvatore Pagano Step functional	<b>15.45 - 16.15</b> Laura Cristina Pilates stretch		