

Venerdì 10 dalle 17:30 alle 19:00

Workshop di Power Yoga con Roberto Bocchi

Sabato 11

Fitness

Piscina

08:00-09:30	Power Yoga Roberto Bocchi	
10:45-11:30	Functional Tone Giorgio Radici	Water Essence Marco Gagliassi
11:30-12:15	Cardio Dance Laura Cristina	Aqua Core Training S. Senati - I. Stramaglia
12:15-13:00	Step Choreography Igor Castiglia	Hydrobike & Swimming Sports G. Collu - S. Fornaro

13:00-15:30 **Pausa Relax in spiaggia**

15:30-16:15	Aeromove Mex Ledda	Hydrobike & Treadmill G. Collu - M. Gagliassi
16:15-17:00	Step And Floor Laura Cristina e Igor Castiglia	Deep Dance Silvia Senati
17:00-17:45	Nike Athletic Program Giorgio Radici	Interval Fluid Pilates Giorgia Collu
17:45-18:30	Yoga Pilates Roberto Bocchi	

Domenica 12

Piscina

10:00-11:30 WorkShop Aqua Treadmills & Bike G. Collu - M. Gagliassi	Ashtanga Vinyasa Yoga Roberto Bocchi		
Aqua Resistance Training Sabina Fornaro	11:00-13:00 WorkShop X-Chart Workout Igor Castiglia	11:00-13:00 WorkShop Nike Athlete Core Training Giorgio Radici	11:00-13:00 WorkShop Mobility and Flexibility Program Laura Cristina
Double Combat S. Senati - M. Gagliassi			
Aqua Around the World All Presenters			

Pausa Relax in spiaggia

<p>Sabato 11 Stage Light Contact</p> <p>Sabato dalle 16:00 alle 18:00 Con Andrea Primitivi</p>	<p>Domenica 12 Stage Hip Hop - Video Dance</p> <p>Domenica dalle 14:30 alle 16:30 Con Panda (Matteo Atzeni)</p>
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