

SALENTO SPORT CONVENTION 2017 _ AREA FITNESS

PALCO 2

SABATO				
9:30	10:20	FITNESS FOR KIDS	TEAM AREA FITNESS	
10:30	11:20	SPINNING	P. RIZZELLO - MR. FIT	
11:30	12:20	PILOXING	MARIANNA GERMINARIO	
12:30	13:10	ZONATON	TATA' BAHIA	MASTERCLASS
13:15	14:05	BODY COMBAT	LES MILLS	
14:15	14:55	STEP COREOGRAFICO	LUCY BIASCO	
15:00	15:50	BODY PUMP	LES MILLS	
16:00	16:50	STEP COREOGRAFICO	LENKA MATASOVA	MASTERCLASS
17:00	17:50	GROUP CYCLING	L.CHIRIATTI/R. POLITI/ L. LEO	MASTERCLASS
18:00		Body Building		

TRAMONTO 20/21 MAGGIO 2017 ORE 20.02

PALCO 2

DOMENICA

09:30	10:15	BFT - CSEN	F.PELLECCIA	MASTERCLASS
10:20	11:05	WALKING PROGRAM	LEONIDA CAFORIO	MASTERCLASS
11:15	12:05	BODYWEIGHT	LENKA MATASOVA	MASTERCLASS
12:10	12:55	GROUP CYCLING	V. DE PAOLIS/ V. DE PASCALIS	MASTERCLASS
13:00	13:50	BODY PUMP	LES MILLS	
14:00	14:50	SPARRING - G.BOXING	R.PIGNATELLI/ S.LICITRA	MASTERCLASS
15:00	15:50	WALKING PROGRAM	LEONIDA CAFORIO	MASTERCLASS
16:00	16:50	GROUP CYCLING	S. DE GIORGI/ A. DI PRIZIO/ A. SANTORO	MASTERCLASS
17:00	17:50	JUSTKI DANCE	CLAUDIO MASI	MASTERCLASS
18:00	18:45		P.RIZZELLO - MR.FIT	

TRX

SABATO

10:00		INTRO TRAINING TRX		
10:45		TRX TRAINING	C.EPIFANI/D.PANARELLO	MASTERCLASS
11:30		TRX TRAINING	G.BLASI	MASTERCLASS
12:15		TABATA CIRCUIT	D.PANARELLO/C.EPIFANI	MASTERCLASS
13:00				
13:45		TABATA CIRCUIT	E.CONTE/A.BLASI	MASTERCLASS
14:30		TRX TRAINING	P.MESSINA/D.PANARELLO	MASTERCLASS
15:15		INTRO TRAINING TRX		
16:00		TABATA CIRCUIT	D.PANARELLO	MASTERCLASS
16:45		TRX TRAINING	D.PANARELLO	MASTERCLASS
17:15				

PALCO 1

SABATO				
10:00	10:50	GRIT CARDIO	LES MILLS	
11:00	11:50	LEZIONE MISTA	TEAM AREA FITNESS	MASTERCLASS
12:00	12:50	BODY ATTACK	LES MILLS	
13:00	13:50	SPIDERAP	GIULIANO BELLAROSA	MASTERCLASS
14:00	14:50	TB FUNZIONALE	LENKA MATASOVA	MASTERCLASS
PAUSA PRANZO 40 MIN				
15:30	16:20	SUPERJUMP ORIGINAL	GIUSY, ELENA , STEFANO, OMAR	MASTERCLASS
16:30	17:20	ZUMBA FITNESS	CRISTIAN BONET	MASTERCLASS
17:30	18:20	HDP - CSEN	CRISTIAN CACACE	MASTERCLASS
18:30	19:20	BODY ATTACK	LES MILLS	

PALCO 1

DOMENICA

10:00	10:50	GROUP BOXING	R.PIGNATELLI/ S.LICITRA	MASTERCLASS
11:00	11:50	STEP	GIL LOPEZ	MASTERCLASS
12:00	12:50	BODY COMBAT	LES MILLS	
13:00	13:50	SUPER JUMP KOMBAT	PERSI e Tutti i TRAINER DEL SALENTO	MASTERCLASS
14:00	14:50	JUST KI DANCE	CLAUDIO MASI	MASTERCLASS
15:00	15:50	AEROBICA	GIL LOPEZ	MASTERCLASS
16:00	16:50	ZUMBA FITNESS	JUAN MIGUEL	MASTERCLASS
17:00	17:40	SUPERJUMP original	PERSI, STEFANIA B., GIUSY N. ELENA C. e Tutti i TRAINER DEL SALENTO	MASTERCLASS
17:40	18:15	SUPERJUMP hotdance	STEFANIA e GIUSY , ELENA C. e Tutti i TRAINER DEL SALENTO	MASTERCLASS
18:20	19:10	GROUP BOXING	MAZZARELLA	

DOMENICA

10:00		INTRO TRAINING TRX		
10:45		TRX TRAINING	A.BLASI/E.CONTE	MASTERCLASS
11:30		TRX TRAINING	D.PANARELLO/C.EPIFANI	MASTERCLASS
12:15		TABATA CIRCUIT	D.PANARELLO	MASTERCLASS
13:00		TRX TRAINING	C.EPIFANI/D.PANARELLO	MASTERCLASS
13:30		INTRO TRAINING TRX		
14:15		TABATA CIRCUIT	E.CONTE/A.BLASI	MASTERCLASS
15:00		TRX TRAINING	P.MESSINA/D.PANARELLO	MASTERCLASS
15:45		INTRO TRAINING TRX		
16:30		TRX TRAINING	D.PANARELLO/ V. DE PAOLIS	MASTERCLASS
17:15		TABATA CIRCUIT	D.PANARELLO/V. DE PAOLIS	MASTERCLASS