Active Holidays - since 1996
PATRICIO TRAVEL
Fitness-Events

Aerobic & Fitness Week
13.09. - 18.09.2021 (Subject to change)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00 – 08:30 **Beach Area**	**OPENING & WARM UP** Big Area 08:30 - 08:55	**DYNAMIC PILATES** Anton	**BODYART® BACK** Balazs	**FLEXIBAR WAKE UP** Balazs	**YIN YANG SUNRISE** Michael	
09:00 – 09:55 **Big Area**	**STEP CUT & HALF** Anton	**STEP ME FREE** Martial	**DOUBLE STEP** Ilya & Aliya	**STEP ME - I AM FAMOUS** Martial	**M-STEP** Martial	
09:00 - 09:55 **Small Area**	**FIT FUN** Marta	**DANCE TO THE MUSIC** Milan	**BODY SCULPT** Luciano	**FUNCTIONAL TRAINING** Ilya & Nataly	**SUPER SCULPT** Aliya & Milan	**YOGA** 09:00 - 09:45 Anastasia / Beach Anastasia
10:10 – 11:05 **Big Area**	**STEP PRO** Taras	**ZUMBA® FITNESS** Marta & Ilya	**STEP STALLION V21** Pierre	**AERO CHANGE FRONT** Ilya	**STEP CHANGE FRONT** Anton	**STEP NEWSTYLE** Martial
10:10 - 11:05 **Small Area**	**BOOTY WORKOUT** Michael & Tom	**MOBILITY** Aliya	**FUNCTIONAL CORE** Ilya & Martial	**ATHLETIC WORKOUT** Anton & Luciano	**STRONG BY ZUMBA®** Marta	**HEALTHY BACK** Marta
11:20 - 12:15 **Big Area**	**AERO DANCE SHOW** Ilya	**TRIPLE VERTICAL STEP** Luciano	**RUSSIAN STEP** Taras	**STEP CHALLENGE** Anton	**DANCE AEROBICS** Ilya	**STEP MOVES** Milan
11:20 - 12:15 **Small Area**	**BASIC STEP** Marta & Aliya	**METABOLIC PUMP** Taras	**KamiBo®** Michael	**LATIN DANCE** Aliya & Marta	**FUNCTIONAL STEP** Luciano	**BE MORE HUMAN** Aliya
12:30 - 13:00 **Small Area**	**BODYART® XROSS** Balazs	**TABATA WORKOUT** Milan	**LST B.A.S.e. X-PRESS** Fitzroy	**H.I.I.T** Taras & Pierre	**COMBAT BOOTCAMP** Pierre	**YIN YANG FLOW** Michael
LUNCH BREAK	**AQUA AEROBIC** 15:00 - 15:30 / Pool Club Side Antastasia	**YAB WORKOUT SPECIAL*** 15:00 - 15:45 / Small Area Michael & Christian	**YAB STRONG SPECIAL*** 15:00 - 15:45 / Small Area Michael & Christian	**AQUA ZUMBA®** 15:00 - 15:30 / Pool Club Side Marta	**FUNNY JUMP SPECIAL*** 15:00 - 15:30 / Small Area Anastasia	**YAB EXPRESS SPECIAL*** 15:00 - 15:30 / Small Area Michael & Christian
16:00 - 16:55 **Big Area**	**HOUSE STEP** Milan	**HOUSE DANCE PARTY** Martial	**STEP +** Luciano	**AFRICAN STEP** Martial	**STEP FUSION** Milan	**STREET RAGGA** Martial
16:00 - 16:55 **Small Area**	**MARTIAL ART MANIA** Pierre	**WARRIOR V®** Balazs	**AERO DANCE** Milan	**DEEPWORK®** Balazs	**LST B.A.S.e. CROSS** Fitzroy	**UPPER BODY** Anton
17:10 - 18:05 **Big Area**	**ITALIAN STEP** Luciano & Anton	**STEP TO HEAVEN** Pierre	**SURVIVOR CHALLENGE** 17:15 - 19:15 & **SURVIVOR BEACH AFTER PARTY** (for additional classes / info about Survivor please see info board)	**DISCO BALLS „GREASE“** Pierre & Marta	**AFW** **PICTURE TIME** Big Area 17:15 - 18:00 Please wear your event-shirt! (see info board for more info)	**FINAL STEP** Taras
17:10 - 18:05 **Small Area**	**LST B.A.S.e. STRENGTH 2 STRENGTH** Fitzroy	**KamiBo®** Michael		**LST B.A.S.e. ABC** Fitzroy		**LST B.A.S.e. BELOW THE BELT** Fitzroy / Beach
18:20 - 19:05 **Small / Beach Area**	**ASIA FLOW** Michael / Small Area	**DYNAMIC STRETCH** Taras / Beach		**SUNDOWN STEP** Luciano / Beach		**BODYART® STRETCH** Balazs / Beach
CYCLING*	**11:15 - 12:00 - Tom** **16:00 - 16:45 - Tom**	**10:15 - 11:00 - Tom** **18:15 - 19:00 - Pierre**	**09:00 - 09:45 - Tom**	**10:15 - 11:00 - Tom** **16:15 - 16:45 - HIC Fitzroy** **18:15 - 19:00 - Tom**	**11:15 - 12:00 - Tom** **16:00 - 16:45 - YAB Cycling** **Michael**	**11:30 - 12:15 - Tom**
EVENING	21:30 Uhr **WELCOME PARTY - HOSTED BY FITZROY GAYNES**				20:00 Uhr **GALA NIGHT**	

*limited number of participants only - it is mandatory to sign in for the class at the Fitness First Gym Reception.

Body & Mind · Step & Dance · Open for all · Workout & Athletic

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