

# Aerobic & Fitness Week

## 07.05. - 14.05.2023 (Subject to change)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00 – 08:30 <b>Beach Area</b>	<b>PATRICIO TRAVEL</b> Bonus Day	<b>YOGA FLOW FUISON</b> Sava	<b>FLEXIBAR SUNRISE</b> Balazs	<b>DAYO</b> Juliana	<b>DYNAMIC STRETCH</b> Taras	<b>BODYART® WAKE UP</b> Balazs	
09:00 – 09:55 <b>Big Area</b>		<b>DOUBLE STEP</b> Aliya	<b>FRENCH STEP</b> Aymeric	<b>STEP BACK 2 SYMMETRIC</b> Luciano	<b>STEP E-MOTION</b> Luciano & Carol	<b>ADVANCED STEP</b> Aliya	
09:00 – 09:55 <b>Small Area</b>		<b>COMBAT BOOTCAMP</b> Pierre	<b>METABOLIC PUMP</b> Taras	<b>FIGHT THE FEAR CIRCUIT</b> Pierre	<b>STRONG NATION</b> Marta	<b>45/15</b> Taras	
10:10 – 11:05 <b>Big Area</b>	<b>WELCOME STEP</b> Taras	<b>STEP PRO</b> Taras	<b>Y STEP</b> Luciano	<b>A-STEP</b> Aymeric	<b>STEP 4 YOU</b> Taras	<b>STEP WITH &lt;3</b> Aymeric	<b>DANCE DANCE DANCE</b> Aymeric
10:10 – 11:05 <b>Small Area</b>	<b>WELCOME WORKOUT</b> Juliana	<b>STRONG BACK</b> Sava	<b>BRAZILIAN BOOTY</b> Juliana	<b>FUNCTIONAL TRAINING</b> Carol	<b>FUNCTIONAL &amp; FLOW</b> Juliana	<b>STRIKE COMBAT</b> Pierre	<b>PILATES FLOW FUISON</b> Marta
11:20 – 12:15 <b>Big Area</b>	<b>INTERMEDIATE STEP</b> Aliya	<b>AERO ITALY</b> Luciano	<b>EXTRAVAGANZA DANCE</b> Sava	<b>LATIN DANCE</b> Aliya	<b>DISCO BALLS</b> Pierre	<b>DANCE 4 LIFE</b> Balazs	<b>GOOD MORNING STEP</b> Taras
11:20 – 12:15 <b>Small Area</b>	<b>PLsT BasE RAW</b> Fitzroy	<b>BASIC STEP</b> Marta	<b>BODYFIT INTENSE</b> Marta	<b>STRONG BACK RELAX</b> Juliana	<b>PLsT BasE ABC</b> Fitzroy	<b>FUNCTIONAL STEP</b> Luciano	<b>MUSCLE FIRE CARDIO</b> Juliana
12:30 – 13:00 <b>Small Area</b>		<b>BODYART® YIN</b> Balazs	<b>MOBILITY</b> Aliya	<b>BODYART® STRETCH</b> Balazs	<b>YOGA</b> Sava	<b>STRETCH &amp; RELAX</b> Aliya	<b>ACTIVE RECOVERY</b> Fitzroy
<b>LUNCH BREAK</b>	<b>AQUA GYM</b> 15:00 - 15:30 / Club Pool			<b>AQUA GYM</b> 15:00 - 15:30 / Club Pool		<b>AQUA ZUMBA®</b> Marta / 15:00 - 15:30	
16:00 – 16:55 <b>Big Area</b>	<b>STEP SURPRISE</b> Luciano	<b>16:30-17:00</b> <b>PATRICIO WELCOME</b> <small>Small Area</small> <b>GROUP PICTURE</b> wear your event shirt	<b>VERTICAL STEP</b> Carol	<b>SOUL JAZZ</b> Sava	<b>STEP ESPANA</b> Carol	<b>TRIPLE VERTICAL STEP</b> Luciano	<b>REGGAETON</b> Marta
16:00 – 16:55 <b>Small Area</b>	<b>FIT FUN</b> Marta		<b>DEEPWORK</b> Balazs	<b>PLsT BasE CROSS</b> Fitzroy	<b>BODYWEIGHT WORKOUT</b> Sava	<b>BACK &amp; CORE</b> Juliana	<b>PLsT BasE BELOW THE BELT</b> Fitzroy
17:10 – 18:05 <b>Big Area</b>	<b>DANCE MIX</b> Aliya / Beach Area	<b>TOWEL STEP</b> Carol	<b>STEP STALLION RETURNS</b> Pierre	<b>ZUMBA</b> Aymeric	<b>DANCE AEROBIC</b> Marta	<b>DRESS TO IMPRESS</b>  Time to dress up for the occasion, its our <b>GALA NIGHT</b>	<b>FINAL STEP</b> Aymeric & Carol
17:10 – 18:05 <b>Small Area</b>	<b>MARTIAL ART MANIA</b> Pierre	<b>PLsT BasE STRENGTH 2 STRENGTH</b> Fitzroy	<b>KAMIBO®</b> Juliana	<b>DEEPWORK®</b> Balazs	<b>FREESTYLE WORKOUT</b> Aymeric		<b>PORT DE BRAS</b> Sava / Beach Area
18:20 – 19:05 <b>Beach Area</b>	<b>BODYART® WELCOME</b> Balazs	<b>DYNAMIC STRETCH</b> Taras	<b>BODY RELAX</b> Aliya	<b>SUNDOWN STEP</b> Carol	<b>BODYART® BACK</b> Balazs		<b>SUNSET GROOVES</b> 18:15 - 19:15h
<b>CYCLING*</b>	17:10 - 17:40 HIC Fitzroy	12:15 - 13:00 Bike Trip Pierre		11:20 - 12:05 T.I.N.S Pierre		11:45 - 12:15 HIC Fitzroy	
<b>EVENING</b>		21:00 <b>WELCOME PARTY</b>				19:30 <b>GALA NIGHT</b>	