

28. MEZINÁRODNÍ KONGRES AEROBIKU

BEST OF FACE CZECH 19. - 20. 4. 2008

FITSTYL AEROBIK MARATON 2008

SOBOTA	HALA 1. - AEROBICS	HALA 2. - STEP	SÁL 3. - BODY & MIND	SÁL 4. - SQUASH - BOSU®	SÁL 5. - SQUASH
09:30 - 10:30	AEROBICS Zuzana	STEP 1,2,3 ACTION Korina	OVER BALL Ivana	BOSU® - SPORT Věra	FLEXI BAR®
10:45 - 11:45	AEROBICS Julio	ASYM STEP 2008 Jorgos	FITNESS YOGA Klára	BOSU® - CORE Daniel	HEAT
12:00 - 13:00	HOUSE DANCE Petra	STEP & TONE Lenka	FLEXI BAR®	BOSU® - SPORT Zuzana	JUMPING® Jumping Team
13:30 - 14:30	AEROBICS Fredrik	PORT DE BRAS Julio	PILATES ROLLER & CIRCLE Daniel	BOSU® - CARDIO Věra	BALLAST BALL® Ivana
14:45 - 15:45	THAI-BOX-ROBICS Petra	STEP CONDITIONING Korina	FITNESS YOGA Klára	BOSU® - STRENGHT Zuzana	HEAT
16:00 - 17:00	AEROBICS 4 ALL Jorgos	STEP Fredrik	SLOW FIT - TONING Lenka	BOSU® - YOGA Věra	JUMPING® Jumping Team
17:15 - 18:15	BODY FLY Gennaro	PILATES Daniel			
NEDELE	HALA 1. - AEROBICS	HALA 2. - STEP	SÁL 3. - BODY & MIND	SÁL 4. - SQUASH - BOSU®	SÁL 5. - SQUASH
09:30 - 10:30	AEROBICS Vladimír	STEP Roman	CHI - TONING Petra	BOSU® - CARDIO Věra	JUMPING® Jumping Team
10:45 - 11:45	DANCE AEROBICS Lenka & Roman	STEP Zuzana	FLEXI BAR®	BOSU® - CORE PILATES Daniel	HEAT
12:00 - 13:00	AEROBICS SHOW TIME Fredrik	STEP Julio	BODY FLY Gennaro	FUNK DANCE Petra	BALLAST BALL® Ivana
13:30 - 14:30	AEROBICS Korina & Jorgos	BODY WORK Lenka	PILATES START DANIEL	BOSU® - COMPLETE Roman	FLEXI BAR®
14:45 - 15:45	BOSU® SHOW Roman, Věra, Zuzana, Dan	YOGA Gennaro	OVER BALL Ivana		JUMPING® Jumping Team

*změna programu vyhrazena, aktualizace ke dni 28.02.2008

