

# FIT EDUCATION

GOLDEN STAGE








HALL B3

## PLANNING




### Venerdì 24 Settembre

TIME	MINI CLASS/ACTIVITY		PRESENTER /SPEAKER
<b>10.15-10.30</b>	<b>OFFICIAL OPENING</b>		<b>Andrea Bellemani</b>
10.30-11.15	CRAB 2.0 POWER FUNCTION		GIORGIO RADICI
11.15-12.00	COUPLE BE CREATIVE WORKOUT		DONATELLA CARAFA
12.00-12.45	FIT KOMBAT		SERGIO GALLOTTA
12.45-13.15	CRAB 2.0 BEAT		GIORGIO RADICI
13.15-14.00	STEP NO STEP		GIL LOPES
14.00-14.45	CRAB 2.0 ATHLETIC SKILLS		GIORGIO RADICI
14.45-15.30	HIGH SINERGY FORMS		CIRO CIAMILLO
15.30-16.15	STEP MOTION		GLP TEAM
16.15-16.30	FIT GAME		Andrea Bellemani
16.30-17.15	CRAB 2.0 ATHLETIC		GIORGIO RADICI
17.15-18.30	CORE STABILITY TRAINING		PIETRO FONTANA
18.30-19.00	GPASSE CONDITIONING		GIULIA / VALENTINA

### Sabato 25 Settembre

TIME	MINI CLASS/ACTIVITY		PRESENTER /SPEAKER
<b>10.00-10.15</b>	<b>FIT GAME</b>		<b>Andrea Bellemani</b>
10.15-11.00	FIT KOMBAT		SERGIO GALLOTTA
11.00-11.45	CRAB 2.0 HIIT TABATA		GIORGIO RADICI
11.45-12.30	GPASSE COREO		GIULIA / GIL
12.30-13.15	AERODANCE		MICHELE DE SICA
13.15-13.30	PASSO A DUE GPASSE SHOW		GIULIA/MARCO - Andrea Bellemani
13.30-14.15	GPASSÈ		GLP TEAM
14.15-15.00	CRAB 2.0 FLOW EXPERIENCE		ISRAEL MALLEBRE LOPEZ
15.00-15.45	FUNCTION BODY WEIGHT		LORENZO PADALINO/DANIELA CIULLA
15.45-16.30	STEP SHOW		ALESSIA CERFOGLIA/AUGUSTO CASTELLI
16.30- 17.00	CRAB MASTER FUNCTION		GIORGIO RADICI/ISRAEL MALLEBRE LOPEZ
17.00-17.30	STEP NO STEP		OMAR MANCINO/MARCO LANCINI
17.30-18.00	METABOLIC INTERVAL TRAINING		LENKA MATASOVA

### Domenica 26 Settembre

TIME	MINI CLASS/ACTIVITY		PRESENTER /SPEAKER
<b>10.00-10.15</b>	<b>FIT GAME</b>		<b>Andrea Bellemani</b>
10.15-11.00	STEP DANCE		GLP TEAM
11.00-11.45	CRAB 2.0 FUNCTIONAL		ISRAEL MALLEBRE LOPEZ
11.45-12.30	HIGH SINERGY FORMS		CIRO CIAMILLO
12.30-13.15	AERODANCE		GIL LOPES
13.15-13.30	GPASSE DANCE SHOW (VERTICAL ORVIETO)		Andrea Bellemani
13.30-14.15	GPASSE COREO		GIULIA/MARCO/MIRIANA
14.15-15.00	CRAB 2.0 BEAT		ISRAEL MALLEBRE LOPEZ
15.00-15.45	T.B FUNCTION BODYWEIGHT		LENKA MATASOVA
15.45-16.00	FIT GAME		Andrea Bellemani
16.00-16.30	GPASSE PARTY		GIULIA /GIL
16.30- 17.15	CRAB 2.0 ATHLETIC SKILLS		ISRAEL MALLEBRE LOPEZ
17.15-18.00	STEP PARTY		GLP TEAM