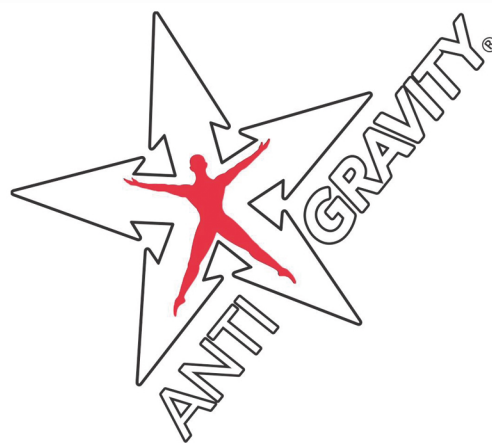


# ANTIGRAVITY® YOGA

PROGRAMMA RICONOSCIUTO DA FITEDUCATION

# CLASS

 FITEDUCATION



Palco FITEDUCATION • Padiglione D3 • Zona WE CAN FLY

## GIOVEDÌ 30 MAGGIO

11.30-12.15	AG® FUNDAMENTALS
12.15-13.00	AG® FUNDAMENTALS
13.00-13.45	AG® RESTORE
13.45-14.15	LUNCH BREAK
14.15-15.00	AG® FUNDAMENTALS
15.00-15.45	AG® SUSPENSION FITNESS
15.45-16.30	AG® FUNDAMENTALS
16.30-17.15	AG® SUSPENSION FITNESS
17.15-18.00	AG® PILATES
18.00-18.45	AG® RESTORE

## SABATO 1 GIUGNO

09.30-10.15	AG® SUSPENSION FITNESS
10.15-11.00	AG® AERIAL YOGA
11.00-11.45	AG® FUNDAMENTALS
11.45-12.30	AG® SUPER HERO
12.30-13.15	AG® RESTORATIVE
13.15-14.00	AG® FUNDAMENTALS
14.00-14.30	LUNCH BREAK
14.30-15.15	AG® RESTORATIVE
15.15-16.00	AG® FUNDAMENTALS
16.00-16.45	AG® PILATES
16.45-17.30	AG® AIRBARRE
17.30-18.15	AG® FUNDAMENTALS
18.15-18.45	AG® AERIAL YOGA

## VENERDÌ 31 MAGGIO

10.00- 10.45	AG® SUSPENSION FITNESS
10.45-11.30	AG® AERIAL YOGA
11.30-12.15	AG® SUSPENSION FITNESS
12.15-13.00	AG® RESTORE
13.00-13.45	AG® PILATES
13.45-14.15	LUNCH BREAK
14.15-15.00	AG® SUSPENSION FITNESS
15.00-15.45	AG® AERIAL YOGA
15.45-16.30	AG® SUPER HERO
16.30-17.15	AG® FUNDAMENTALS
17.15-18.00	AG® SUSPENSION FITNESS
18.00-18.45	AG® RESTORE

## DOMENICA 2 GIUGNO

09.30-10.15	AG® SUSPENSION FITNESS
10.15-11.00	AG® AERIAL YOGA
11.00-11.45	AG® SUPER HERO
11.45-12.30	AG® AERIAL YOGA
12.30-13.15	AG® FUNDAMENTALS
13.15-14.00	AG® RESTORATIVE
14.00-14.30	Junior Show
14.30-15.15	AG® PILATES
15.15-16.00	AG® FUNDAMENTALS



**R3BEL**