

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® WAKE UP Balazs	FLEXIBAR SUNRISE Balazs	YIN YANG SUNRISE Michael	
09:00 – 09:55 Big Area	STEP CUT & HALF Anton & Martial	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	ZUMBA® FITNESS Marta & Ilya	BODY SCULPT Luciano	FUNCTIONAL TRAINING Ilya & Nataly	SUPER SCULPT Aliya	YOGA 09:00 – 09:45 Rijk / Beach
10:10 – 11:05 Big Area	STEP PRO Taras	DANCE TO THE MUSIC Milan	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	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	STEP ENERGY 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® YIN 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	DEEPWORK® 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 (please see info board at FF gym for additional classes and info about Survivor)	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 & Milan / 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 WELCOME PARTY - HOSTED BY FITZROY GAYNES				20:00 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