



CONVENTION

BECREATIVE FITNESS CSEN

6-7 APRILE 2024

Bella Italia Village Lignano Sabbiadoro (UD)



Lenka Matasova



Alessandro Muò



Roman Ondrasek



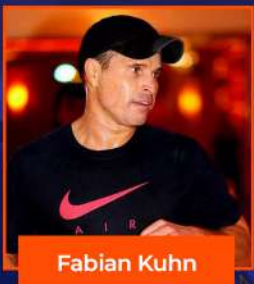
Sabrina Scarfò



Alessandro Uccellini



Donatella Carafa



Fabian Kuhn



Sara Cencini

8 Presenters
Nazionali ed
Internazionali

IL PROGRAMMA

SALA 1 (SABATO)

9:00 – 10:00: RegISTRAZIONI
10:00 – 10:40: Step choreography (Fabian)
10:50 – 11:30: MIT step (Lenka)
11:40 – 12:20: Dance aerobic (Ale)
12:30 – 13:10: Functional step (Roman)
Pausa
14:30 – 15:10: Body functional (Sara)
15:20 – 16:00: Step choreography (Ale&Roman)
16:10 – 16:50: Body in action (Alessandro)
17:00 – 17:40: Step choreography (Lenka&Fabian)

SALA 1 (DOMENICA)

9:00 – 10:00: RegISTRAZIONI
10:00 – 10:40: Step choreography (Ale&Lenka)
10:50 – 11:30: Stretch for strenght (Alessandro)
11:40 – 12:20: Military circuit (Donatella)
12:30 – 13:10: Step choreography (Fabian)
Pausa
14:30 – 15:10: Step functional (Sara)
15:20 – 16:00: BeWell metabolic (Sabrina e team)
16:10 – 16:50: MIT bodyweight (Lenka)
17:00 – 17:40: Dance aerobic (Roman)

SALA 2 (SABATO)

9:00 – 10:00: RegISTRAZIONI
10:00 – 10:40: HIIT – boxing (Mirka)
10:50 – 11:30: Row functional circuit in coppia (Amelia&Ariella)
11:40 – 12:20: TABATA assist – bamboo (Valeria)
12:30 – 13:10: ABS&core cardio – cappellino (Sara)
Pausa
14:00 – 15:20: Contest I WAS BORN FITNESS PRESENTER
15:20 – 16:00: Boot camp – zainetto (Mirka&Ariella)
16:10 – 16:50: MIT – asciugamano (Jennifer&Sara&Amelia)
17:00 – 17:40: Functional bodyweight (Valentina)

SALA 2 (DOMENICA)

9:00 – 10:00: RegISTRAZIONI
10:00 – 10:40: Pilates - equilibrio e stabilità (Jennifer)
10:50 – 11:30: Yoga inspired (Sabrina)
11:40 – 12:20: Dynamic pilates (Sara)
12:30 – 13:10: Slow core training – asciugamano (Jennifer)
Pausa
14:30 – 15:10: MIT – bamboo (Valeria)
15:20 – 16:00: BALLON FUNCTIONAL TRAINING - (BeCreative instructors)

PER INFORMAZIONI:

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Attività istituzionale riservata ai tesserati dell'Ente