

CONVENTION



BE CREATIVE FITNESS CSEN

SABATO

- 9.00-10.00 Registrazioni
10.00-10.40 Step choreography (Fabian)
10.50-11.30 MIT bodyweight (Lenka)
11.40-12.20 Dance aerobic (Ale)
12.30-13.10 Functional step (Joana)
Pausa
14.30-15.10 Bodyweight challenge (Roman)
15.20-16.00 Step choreography (Fabian e Lenka)
16.10-16.50 Body functional (Sara)
17.00-17.40 Step choreography (Ale e Roman)

Metodo BeCREATIVE

- 10.00-10.40 ABS&core cardio – bamboo
10.50-11.30 Boot camp – zainetto
11.40-12.20 Row functional circuit – coppie
12.30-13.10 Energy cone workout - coni
Pausa
14.30-15.10 SuperGAG – corda
15.20-16.00 Tabata progressivo – towel
16.10-16.50 MIT – bott. d'acqua
17.00-17.40 GYX Power – bastoncini GYX

DOMENICA

- Registrazioni
Step choreography (Ale e Lenka)
Body flow&control (Joana)
Military circuit (Donatella)
Step choreography (Fabian e Christian)

Vertical functional step (Sara)
MIT double step (Lenka)
AeroDance (Roman)

Olistic SUNday

- Slow core training - bamboo (Jennifer)
YogaFitness (Giovanni)
Pilates dinamico (Sara)
Mobility&flexibility circuit – towel (Marta)

Mobility flow (Joana)
Olistic workout Sensorial (Cristiano)
FitPilates (Giovanni)

2025
MAGGIO
10-11

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Attività istituzionale rivolta ai tesserati dell'Ente

PRESENTE

CONVENTION

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Joana Malak



Alessandro Uccellini



Sara Cencini



Roman Ondrasek



Lenka Matasova



Fabian Kuhn



Cristiano Lollo



Donatella Carafa



Giovanni Reberschak

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