



SCHEDULE AQUA FITNESS PROGRAMME

HALL 4.1, POOL STAGE

FIBO EUROPEAN
CONVENTION

SATURDAY APRIL 08	TRAINING	TRAINER
09.00 – 09.10 A.M. 09.20 – 09.50 A.M.	AQUA FITNESS ADVANCED – HEALTH AND TECH (THEORY) AQUA FITNESS ADVANCED – HEALTH AND TECH (WORKOUT)	EKATERINA KHAPKOVA (RUS)
BREAK INCLUDING SHORT DEMOS	AQUA BIKE 3.0 GENERATION BECO SPORT DEMO	EAA/AQUATIX EXPERT BECO EXPERT
11.00 – 11.10 A.M. 11.20 – 11.50 A.M.	GYM&AQUA CARDIO FITNESS CIRCUIT (THEORY) GYM&AQUA CARDIO FITNESS CIRCUIT (WORKOUT)	FABRIZIO CANTARINI (ITA)
BREAK INCLUDING SHORT DEMOS	BECO SPORT DEMO AQUA JUMP & STEP	BECO EXPERT EAA/AQUATIX EXPERT
1.00 – 1.10 P.M. 1.20 – 1.50 P.M.	AQUACYCLING + MONITORED TRAINING (THEORY) AQUACYCLING + MONITORED TRAINING (WORKOUT)	NELLY BALLESTER (FRA)
BREAK INCLUDING SHORT DEMO	ACQUAPOLE-BAG	EAA/ACQUAPOLE EXPERT
2.20 – 2.50 P.M.	AQUA ZUMBA WET'N'WILD! PUSH THROUGH THE MOVEMENT – FEEL THE BEAT!	JAROMIR CREMERS (ZUMBA - HOL)
BREAK INCLUDING SHORT DEMO	AQUA SUP'P EXPERIENCES	EAA/AQUATIX EXPERT
3.20 – 3.30 P.M. 3.35 – 3.55 P.M.	AQUACROSS X FIT & FUN (THEORY) AQUACROSS X FIT & FUN (WORKOUT)	JAVIER BERGAS (SPA)
BREAK		
4.30 – 5.00 P.M.	SHORT THEORY SEMINAR FOR AQUATIC ATTENDEES (LOCATION: CC NORD, 2 ND FLOOR, CONFERENCEROOM B)	DR. FRANCESCO CONFALONIERI & ONE MASTER TRAINER



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SUNDAY APRIL 09	TRAINING	TRAINER
09.00 – 09.10 A.M. 09.20 – 09.50 A.M.	AQUACYCLING + MONITORED TRAINING (THEORY) AQUACYCLING + MONITORED TRAINING (WORKOUT)	NELLY BALLESTER (FRA)
BREAK INCLUDING SHORT DEMOS	BECO SPORT DEMO AQUA SUP'P EXPERIENCES	BECO EXPERT EAA/AQUATIX EXPERT
11.00 – 11.10 A.M. 11.20 – 11.50 A.M.	GYM&AQUA CARDIO FITNESS CIRCUIT (THEORY) GYM&AQUA CARDIO FITNESS CIRCUIT (WORKOUT)	FABRIZIO CANTARINI (ITA)
BREAK INCLUDING SHORT DEMOS	AQUA BIKE 3.0 GENERATION BECO SPORT DEMO	EAA/AQUATIX EXPERT BECO EXPERT
1.00 – 1.10 P.M. 1.20 – 1.50 P.M.	AQUACROSS X FIT & FUN (THEORY) AQUACROSS X FIT & FUN (WORKOUT)	JAVIER BERGAS (SPA)
BREAK INCLUDING SHORT DEMO	AQUA JUMP & STEP	EAA/ACQUAPOLE EXPERT
2.20 – 2.50 P.M.	AQUA ZUMBA WET'N'WILD! PUSH THROUGH THE MOVEMENT – FEEL THE BEAT!	JAROMIR CREMERS (ZUMBA - HOL)
BREAK INCLUDING SHORT DEMO	ACQUAPOLE-TONE	EAA/AQUATIX EXPERT
3.20 – 3.30 P.M. 3.35 – 3.55 P.M.	AQUA FITNESS ADVANCED – HEALTH AND TECH (THEORY) AQUA FITNESS ADVANCED – HEALTH AND TECH (WORKOUT)	EKATERINA KHAPKOVA (RUS)
BREAK		
4.30 – 5.00 P.M.	SHORT THEORY SEMINAR FOR AQUATIC ATTENDEES (LOCATION: CC NORD, 2 ND FLOOR, CONFERENCE ROOM B)	DR. FRANCESCO CONFALONIERI & ONE MASTER TRAINER