

Aqua Planet

International Aquafitness Convention
by Hydrorider

2023

PROGRAMMA

Domenica 28 Maggio 2023

08:30-09:30 Accredito partecipanti

Orario	VASCA A	VASCA B
dalle 09:30 alle 10:10	HydroBike <i>Hydrobike Trainer</i> Marco Gagliassi	AquaJump <i>Revolution Jump</i> Ivan De Luca
dalle 10:15 alle 10:55	HydroBike <i>Bike Balance</i> Giorgia Collu	AquaJump + RiderBand <i>Be Twin</i> Francesca Furlotti & Stefania Pitaffi
dalle 11:00 alle 11:40	HydroBike <i>Bike Revolution</i> Manuela Ragnoli	RiderBand <i>RiderBand X Conditioning</i> Ivan De Luca
dalle 11:45 alle 12:25	Aquafitness <i>Latin Burn</i> Tinoca	
dalle 12:30 alle 13:10	Aquafitness <i>Hip Hop & Techno</i> Manuela Ragnoli	
dalle 13:15 alle 13:55	Aquafitness <i>Intensive Combos</i> Tinoca	
dalle 14:00 alle 14:40	Aquafitness <i>Aqua Tango</i> Marco Gagliassi & Giorgia Collu	
dalle 14:45 alle 15:25	RiderBand <i>Intensity RiderBand</i> Francesca Furlotti	AquaJump <i>Jump Athletic</i> Stefania Pitaffi
dalle 15:30 alle 16:10	Aquafitness <i>Choreo 3.0</i> Ivan De Luca	
dalle 16:15 alle 16:55	Aquafitness <i>Aqua Yoga with noodles</i> Tinoca	

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