

# FBI Team SPACE

phone: 0544.993036 - 366.6539056  
mail: info@fbiteam.it www.fbiteam.it

## pad. C2

|   | GIOVEDI   | VENERDI   | SABATO  | DOMENICA                                |
|---|---|---|---|---|
| 10:00 10:30   |   | Pilates Training<br>STEFANIA LIBOA'                   | Pilates Training<br>STEFANIA LIBOA'                   | Pilates Training<br>STEFANIA LIBOA'     |
| 10:30 11:00   |  | Postural Training<br>ANTONELLA RIVIERA                | Postural Training<br>ANTONELLA RIVIERA                | Postural Training<br>ANTONELLA RIVIERA  |
| 11:00 11:30   |   | Pilates Schiena<br>BARBARA D'ALENA                    | Pilates Schiena<br>BARBARA D'ALENA                    | Pilates Schiena<br>BARBARA D'ALENA      |
| 11:30 12:00   |   | Postural Training<br>ANTONELLA RIVIERA                | Postural Training<br>ANTONELLA RIVIERA                | Postural Training<br>ANTONELLA RIVIERA  |
| 12:00 12:30   | Qubo Balance<br>OLIVERI ALESSANDRO  | Qubo Circuit<br>OLIVERI ALESSANDRO                    | Qubo Balance<br>OLIVERI ALESSANDRO                    | Qubo Circuit<br>OLIVERI ALESSANDRO      |
| 12:30 13:00   | Pilates Routine<br>STEFANIA LIBOA'  | Pilates Routine<br>STEFANIA LIBOA'                    | Pilates Routine<br>STEFANIA LIBOA'                    | Pilates Routine<br>STEFANIA LIBOA'      |
| 13:00 13:30   | Postural Cervicalgie<br>NICOLA FIORENTINO   | Postural Cervicalgie<br>ANTONELLO MONNO               | Postural Cervicalgie<br>ANTONELLO MONNO               | Postural Cervicalgie<br>ANTONELLO MONNO |
| 13:30 14:00   | Functional Pilates<br>BORIS BAZZANI   | Functional Pilates<br>BORIS BAZZANI                   | Functional Pilates<br>ANTONELLA RIVIERA               | Functional Pilates<br>BORIS BAZZANI     |
| 14:00 14:30   | Functional Core e stabilizzatori<br>NICOLA FIORENTINO                             | Postural Scoliosi<br>ANTONELLO MONNO                  | Postural Scoliosi<br>ANTONELLO MONNO                  | Postural Scoliosi<br>ANTONELLO MONNO    |
| 14:30 15:00   | Functional Yoga<br>ROBERTO BOCCHI   | Functional Yoga<br>ROBERTO BOCCHI                     | Functional Yoga<br>STEVE TESTOLIN                     | Functional Yoga<br>ROBERTO BOCCHI       |
| SABATO 2 GIUGNO-Conference "Yoga dalla tradizione al wellness"-dalle 14:45 alle 16:15-Boris Bazzani, Roberto Bocchi |   |   |   |   |
| 15:30 16:00   | Qubo Circuit<br>OLIVERI ALESSANDRO  | Qubo Balance<br>OLIVERI ALESSANDRO                    | Qubo Circuit<br>OLIVERI ALESSANDRO                    | Qubo Balance<br>OLIVERI ALESSANDRO      |
| 16:00 16:30   | Postural training<br>ANTONELLA RIVIERA  | Postural Training<br>ANTONELLA RIVIERA                | Postural Training<br>ANTONELLA RIVIERA                |   |
| 16:30 17:00   | Functional core e stabilizzatori<br>NICOLA FIORENTINO                             | Functional core e stabilizzatori<br>NICOLA FIORENTINO | Functional core e stabilizzatori<br>NICOLA FIORENTINO |   |
| 17:00 17:30   | Postural Mezieres<br>STEFANIA LIBOA'  | Postural Mezieres<br>STEFANIA LIBOA'                  | Postural Mezieres<br>STEFANIA LIBOA'                  |   |
| 17:30 18:00   | Pilates Softball<br>BARBARA D'ALENA   | Pilates Softball<br>BARBARA D'ALENA                   | Pilates Softball<br>BARBARA D'ALENA                   |   |

# PROGRAMMA LEZIONI FIERA



## INDIVIDUAL ZONE

PROMOZIONE FIERA

# 20%

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## INDIVIDUAL ZONE SPACE pad. C2

phone: 0544.993036 - 366.6539056  
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|             | GIOVEDI                                | VENERDI                                | SABATO                                 | DOMENICA                               |
|-------------|--|--|--|--|
| 10:00 11:00 |  | Conference Individual<br>Boris Bazzani | Conference Individual<br>Boris Bazzani | Conference Individual<br>Boris Bazzani |
| 11:00 12:00 | Conference Individual<br>Boris Bazzani | Individual Circuit                     | Individual Circuit                     | Individual Circuit                     |
| 12:00 13:00 | Individual Circuit                     | Individual Circuit                     | Individual Circuit                     | Individual Circuit                     |
| 13:00 14:00 | Individual Circuit                     | Individual Circuit                     | Individual Circuit                     | Individual Circuit                     |
| 14:00 15:00 | Individual Circuit                     | Individual Circuit                     | Individual Circuit                     | Individual Circuit                     |
| 15:00 16:00 | Conference Individual<br>Boris Bazzani | Conference Individual<br>Boris Bazzani | Conference Individual                  |  |
| 16:00 17:00 | Individual Circuit                     | Individual Circuit                     | Individual Circuit                     |  |
| 17:00 18:00 | Individual Circuit                     | Individual Circuit                     | Individual Circuit                     |  |
| 18:00 19:00 | Conference Individual                  | Conference Individual                  | Conference Individual                  |  |



## YOGA EXPERIENCE SPACE pad. C2

Yoga Experience Via caduti per la liberta', 60, cap 48015 - Cervia (Ra)  
Mail: yogaexperience@libero.it tel: 331.83.65.600

|   | GIOVEDI   | VENERDI  | SABATO   | DOMENICA   |  |
|---|---|--|--|--|--|
| 10:00 10:50   |   | Power yoga<br>ROBERTO BOCCHI                               | Power yoga<br>ROBERTO BOCCHI                               | Power yoga<br>ROBERTO BOCCHI                               |  |
| 11:00 11:30   |  | Postural Yoga Therapy<br>1' Chakra<br>BORIS BAZZANI        | Postural Yoga Therapy<br>2' Chakra<br>BORIS BAZZANI        | Postural Yoga Therapy<br>3' Chakra<br>BORIS BAZZANI        |  |
| 11:30 12:00   |   | Functional Yoga<br>Evolution<br>STEVE TESTOLIN             | Functional Yoga<br>Evolution<br>STEVE TESTOLIN             | Functional Yoga<br>Evolution<br>STEVE TESTOLIN             |  |
| 12:00 12:50   |   | Power Yoga<br>ROBERTO BOCCHI                               | Power Yoga<br>ROBERTO BOCCHI                               | Power Yoga<br>ROBERTO BOCCHI                               |  |
| 13:00 13:30   |   | Postural Yoga Therapy<br>Anche<br>BARBARA D'ALENA          | Postural Yoga Therapy<br>Spalle<br>BARBARA D'ALENA         | Postural Yoga Therapy<br>Collo<br>BARBARA D'ALENA          | Postural Yoga Therapy<br>Anche<br>BARBARA D'ALENA          |
| 13:30 14:00   |   | Postural Yoga Therapy<br>Yoga e Schiena<br>STEFANIA LIBOA' | Postural Yoga Therapy<br>Yoga e Schiena<br>STEFANIA LIBOA' | Postural Yoga Therapy<br>Yoga e Schiena<br>STEFANIA LIBOA' | Postural Yoga Therapy<br>Yoga e Schiena<br>STEFANIA LIBOA' |
| SABATO 2 GIUGNO-Conferenza" Yoga dalla tradizione al wellness"-dalle 14:45 alle 16:15-Boris Bazzani, Roberto Bocchi |   |  |  |  |  |
| 14:30 15:00   | Postural Yoga Therapy<br>1' Chakra<br>BORIS BAZZANI                               | Postural Yoga Therapy<br>2' Chakra<br>BORIS BAZZANI        | Postural Yoga Therapy<br>3' Chakra<br>BARBARA D'ALENA      | Postural Yoga Therapy<br>4' Chakra<br>BORIS BAZZANI        |  |
| 15:00 16:00   | Power Yoga<br>STEVE TESTOLIN  | Power Yoga<br>STEVE TESTOLIN                               | Power Yoga<br>TIZIANA CHECCHI                              | Power Yoga<br>STEVE TESTOLIN                               |  |
| 16:00 16:30   | Postural Yoga Therapy<br>Yoga e Schiena<br>STEFANIA LIBOA'                        | Postural Yoga Therapy<br>Yoga e Schiena<br>STEFANIA LIBOA' | Postural Yoga Therapy<br>Yoga e Schiena<br>STEFANIA LIBOA' | Postural Yoga Therapy<br>Yoga e Schiena<br>STEFANIA LIBOA' |  |
| 16:30 17:00   | Postural Yoga Therapy<br>Anche<br>BARBARA D'ALENA                                 | Postural Yoga Therapy<br>Spalle<br>BARBARA D'ALENA         | Postural Yoga Therapy<br>Collo<br>BARBARA D'ALENA          |  |  |
| 17:00 17:30   | Functional Yoga<br>Evolution<br>STEVE TESTOLIN                                    | Functional Yoga<br>Evolution<br>STEVE TESTOLIN             | Functional Yoga<br>Evolution<br>STEVE TESTOLIN             |  |  |
| 17:30 18:30   | Power Yoga<br>1' serie<br>ROBERTO BOCCHI  | Power Yoga<br>2' serie<br>ROBERTO BOCCHI                   | Power Yoga<br>3' serie<br>ROBERTO BOCCHI                   |  |  |

## HOT YOGA THERAPY SPACE pad. C2

Yoga Experience Via caduti per la liberta', 60, cap 48015 - Cervia (Ra)  
Mail: yogaexperience@libero.it tel: 331.83.65.600

|   | GIOVEDI   | VENERDI   | SABATO  | DOMENICA  |  |
|---|---|---|---|---|--|
| 10:00 10:50   |  | Hot Yoga Therapy<br>2' Serie                        | Hot Yoga Therapy<br>2' Serie                        | Hot Yoga Therapy<br>2' Serie                        |  |
| 11:00 11:50   |   | Hot Pilates<br>sequenza classica<br>STEFANIA LIBOA' | Hot Pilates<br>sequenza classica<br>STEFANIA LIBOA' | Hot Pilates<br>sequenza classica<br>STEFANIA LIBOA' |  |
| 12:00 12:50   |   | Hot Yoga Therapy<br>1' Serie<br>BORIS BAZZANI       | Hot Yoga Therapy<br>1' Serie<br>BORIS BAZZANI       | Hot Yoga Therapy<br>1' Serie<br>BORIS BAZZANI       | Hot Yoga Therapy<br>1' Serie<br>BORIS BAZZANI      |
| 13:00 13:50   |   | Hot Yoga Therapy<br>1' Serie                        | Hot Yoga Therapy<br>1' Serie                        | Hot Yoga Therapy<br>1' Serie                        | Hot Yoga Therapy<br>1' Serie                       |
| SABATO 2 GIUGNO-Conferenza" Yoga dalla tradizione al wellness"-dalle 14:45 alle 16:15-Boris Bazzani, Roberto Bocchi |   |   |   |   |  |
| 14:30 15:20   |   | Hot Pilates<br>sequenza routine<br>STEFANIA LIBOA'  | Hot Pilates<br>sequenza routine<br>STEFANIA LIBOA'  | Hot Pilates<br>sequenza routine<br>STEFANIA LIBOA'  | Hot Pilates<br>sequenza routine<br>STEFANIA LIBOA' |
| 15:30 16:20   | Hot Yoga Therapy<br>2' serie  | Hot Yoga Therapy<br>2' serie                        | Hot Yoga Therapy<br>2' serie                        |   |  |
| 17:00 18:30   | Hot Yoga Therapy<br>Hot Vinyasa<br>BORIS BAZZANI                                    | Hot Yoga Therapy<br>Hot Vinyasa<br>BORIS BAZZANI    | Hot Yoga Therapy<br>Hot Vinyasa<br>BORIS BAZZANI    |   |  |