



















# FUNCTIONAL TRAINING & KALISTHENICS AREA

PAV. B1 W-PRO AREA RIMINIWELLNESS

The staff wears 

THURSDAY, 1st JUNE	
10.30 11.00	<b>MASTERCLASS 1</b> Luca Dalseno - Carlo Dolzan - Francesco Fiocchi <b>FUNCTIONAL TRAINING COMPLEX</b> Three complex circuits with the use of three functional training tools: body weight, kettlebell and barbell
11.10 11.40	 <b>MASTERCLASS 2</b> <b>- NEW -</b> Viviana Fabozzi - Martina Pedrotti - Deborah Carone <b>FUNCTIONAL VS KALISTHENICS® FOR WOMEN</b> A total body workout for women that combines the different exercises for functional general training preparation with specific calisthenics exercises for general preparation
11.50 12.20	<b>MASTERCLASS 3</b> Federico Fignagnani - Andrea Neyroz <b>KALISTHENICS® TRAINING</b> Muscle up progression
12.30 13.00	 <b>CHALLENGE SKILL GAMES</b> Kalisthenics® with high degree of fun! Come to challenge yourself in a calisthenics path with parallels, rings and bars <i>simultaneously</i> with Luca Dalseno <b>SPECIFIC SUSPENSION TRAINING CLASS</b> <i>(closed masterclass with reservation on the place)</i>
13.10 13.40	<b>MASTERCLASS 4</b> Francesco Fiocchi <b>BODY WEIGHT SYSTEM</b> The bodyweight training organized in a system of motion sequences to improve the conditioning and coordination abilities
13.50 14.20	<b>MASTERCLASS 5</b> Carlo Dolzan <b>FUNCTIONAL TEST MOBILITY</b> The specific joint mobility exercises to training the Over Head Squat
14.30 15.00	 <b>MASTERCLASS 6</b> Viviana Fabozzi <b>FUNCTIONAL PLYOMETRIC TRAINING</b> The functional approach to plyometric training
15.10 15.40	 <b>CHALLENGE CRUNCH COMPETITION</b> A thrilling race comprising 2 trainings: time and knockout circuits characterized by 3 exercises performed up to maximum muscle breakdown. Many ABS, one winner!
15.50 16.20	 <b>MASTERCLASS 7</b> Luca Dalseno <b>FUNCTIONAL TRAINING FOR FIGHT SPORTS</b> The functional athletic training for fight sports with SPHINX partnership
16.30 17.00	 <b>MASTERCLASS 8</b> Marco Mazzesi - Federico Fignagnani - Andrea Neyroz <b>KALISTHENICS® CIRCUIT TRAINING</b> The circuit training method applied to calisthenics training
17.10 18.30	<b>MASTERCLASS 9</b> Selection Team <b>FUNCTIONAL &amp; KALISTHENICS® "ASSISTANT TRAINER CONTEST"</b> A functional group lesson divided into 4 different workout lasting 10', presented by best Functional Trainer of FIF Academy


SATURDAY, 3rd JUNE	
10.00 10.30	 <b>MASTERCLASS 1</b> Marco Mazzesi - Federico Fignagnani - Andrea Neyroz <b>KALISTHENICS® BASIC</b> The general and specific preparation for the vertical training
10.40 11.10	 <b>MASTERCLASS 2</b> Vincenzo Calisti - Sandro Roberto - Stefania Malinverni <b>BODYWEIGHT, BARBELL &amp; KETTLEBELL FOR WOMEN'S WEIGHT LOSS</b> Three functional workouts for localized slimming in women
11.20 11.50	 <b>CHALLENGE CRUNCH COMPETITION</b> <i>simultaneously</i> Donatella Longhi <b>SPECIFIC SUSPENSION TRAINING CLASS</b> <i>(closed masterclass with reservation on the place)</i>
12.00 12.30	<b>MASTERCLASS 3</b> Luca Ceria <b>FUNCTIONAL TRAINING CIRCUIT</b> Functional fitness circuit training with the use of "unconventional" tools
12.40 13.10	<b>MASTERCLASS 4</b> Carlo Dolzan - Monica Scurti - Stefania Malinverni <b>BARBELL TRAINING FOR STRENGTH</b> A full workout for strength: from the specific warm to two methods for the construction of the middle phase
13.20 13.50	 <b>CHALLENGE SKILL GAMES</b> <i>simultaneously</i> Donatella Longhi <b>SPECIFIC SUSPENSION TRAINING CLASS</b> <i>(closed masterclass with reservation on the place)</i>
14.00 14.30	 <b>MASTERCLASS 5</b> Luca Dalseno - Francesco Fiocchi <b>ANIMAL MOVES</b> Phylogenetic development of man seen through original adaptations of animal gaits
14.40 15.10	<b>MASTERCLASS 6</b> Marco Mazzesi - Andrea Neyroz <b>KALISTHENICS® BASIC</b> Main general and specific preparation exercises for the Back Lever
15.20 15.50	 <b>MASTERCLASS 7</b> <b>- NEW -</b> Francesco Fiocchi <b>SPARTAN SYSTEM</b> A bodyweight training program marked from specific features act to improve the athletic abilities of the subject by creating the conditions for a toned, athletic and whippy physique
16.00 16.30	<b>MASTERCLASS 8</b> Luca Ceria <b>METABOLIC SUSPENSION TRAINING</b> Un vero e proprio circuit training organizzato in un sistema di esercizi e di recuperi con uno specifico obiettivo metabolico
16.40 17.10	<b>MASTERCLASS 9</b> Luca Dalseno - Carlo Dolzan - Sandro Roberto Francesco Fiocchi - Vincenzo Calisti - Stefania Malinverni <b>FUNCTIONAL CORE CIRCUIT TRAINING</b> A circuit "as one" characterized by sequences of exercises performed in different anatomic positions
17.20 18.20	<b>MASTERCLASS 10</b> Selection Team <b>FUNCTIONAL &amp; KALISTHENICS® "ASSISTANT TRAINER CONTEST"</b> A functional group lesson divided into 7 different workout lasting about 10', presented by best Functional Trainer of FIF Academy

SUNDAY, 4th JUNE	
10.00 10.30	 <b>MASTERCLASS 1</b> Monica Scurti - Viviana Fabozzi <b>POWER TRAINING COMPLEX</b> Two Complex circuit for the power training made respectively with Barbell and Kettlebell
10.40 11.10	 <b>MASTERCLASS 2</b> Carlo Dolzan - Sandro Roberto <b>FUNCTIONAL &amp; SUSPENSION TRAINING</b> How to alternate a classical functional training to a suspension training for a common goal
11.20 11.50	<b>MASTERCLASS 3</b> Federico Fignagnani - Andrea Neyroz <b>KALISTHENICS® HARD LEVEL</b> Main general and specific preparation exercises for the Front Lever
12.00 12.30	<b>MASTERCLASS 4</b> Monica Scurti <b>ATHLETIC FUNCTIONAL CIRCUIT</b> The application of energy systems for the improving coordinative and conditionals abilities using specific athletic exercises for sport and fitness
12.40 13.10	<b>MASTERCLASS 5</b> Sandro Roberto <b>THE BODYWEIGHT FOR RUNNING</b> A selection of the main exercises bodyweight to match to a specific training course for improving the runner body form and performance
13.20 13.50	 <b>CHALLENGE SKILL GAMES</b> <i>simultaneously</i> Donatella Longhi <b>SPECIFIC SUSPENSION TRAINING CLASS</b> <i>(closed masterclass with reservation on the place)</i>
14.00 14.30	<b>MASTERCLASS 6</b> Carlo Dolzan - Sandro Roberto - Viviana Fabozzi Marco Mazzesi - Federico Fignagnani - Andrea Neyroz <b>KALISTHENICS VS FUNCTIONAL TRAINING</b> A circuit training for strength with specific calisthenics exercises and for aerobic endurance with specific functional exercises with conventional tools
14.40 15.10	 <b>MASTERCLASS 7</b> Carlo Dolzan - Sandro Roberto <b>KETTLEBELL TRAINING</b> The training of strength and power by applying two different styles of the leading European schools
15.20 15.50	 <b>CHALLENGE SKILL GAMES</b> <i>simultaneously</i> Donatella Longhi <b>SPECIFIC SUSPENSION TRAINING CLASS</b> <i>(closed masterclass with reservation on the place)</i>
16.00 16.30	<b>MASTERCLASS 8</b> Viviana Fabozzi - Donatella Longhi <b>FUNCTIONAL &amp; SUSPENSION WEIGHT LOSS TRAINING</b> A versatile and fun circuit that alternates the use of suspension and functional training for localized slimming of the upper and lower body districts
16.40 17.10	<b>MASTERCLASS 9</b> Marco Mazzesi - Federico Fignagnani - Andrea Neyroz <b>KALISTHENICS® PARALLETS TRAINING</b> The kalisthenics® training with the use of low parallel
17.20 18.20	<b>MASTERCLASS 10</b> Selection Team <b>FUNCTIONAL &amp; KALISTHENICS® "ASSISTANT TRAINER CONTEST"</b> A functional group lesson divided into 5 different workout lasting 10', presented by best Functional Trainer of FIF Academy










N.B. For organizational reasons the program may undergo variations

# LIVE FITNESS SHOW STAGE

PAV. B5 W-PRO AREA RIMINIWELLNESS

The staff wears  Cmax

## THURSDAY, 1st JUNE

10.30 11.10	Discipline	Choreography - Step
	Presenters	Fabrizio Randisi - Patrizia Vincenzi + FIF Team Selected
	Title	<b>ASYMMETRIC STEP</b>
11.10 11.50	Discipline	Toning - Step
	Presenters	Stefania Giuliani - Fabio Amante + FIF Team Selected
	Title	<b>TOTAL BODY ENERGY</b>
11.50 12.30	Discipline	Cardio Fitness Athletic Mode
	Presenters	Davide Impallomeni + FIF Team Selected
	Title	<b>CARDIO TRAINING PROGRESSION</b>
12.30 13.10	Discipline	Choreography - Hilo
	Presenters	Elisabetta Cinelli + FIF Team Selected
	Title	<b>HILOVE</b>
13.10 13.50	Discipline	Toning - Step
	Presenters	Viviana Fabozzi + FIF Team Selected
	Title	<b>POWER CORE TRAINING</b>
13.50 14.30	Discipline	Choreography - Step
	Presenters	Marco Della Primavera Fabrizio Randisi + FIF Team Selected
	Title	<b>CROSSTEP</b>
14.30 15.10	Discipline	Postural Training
	Presenters	Michele Manca + FIF Team Selected
	Title	<b>FULL BODY &amp; JOINT MOBILITY</b>
15.10 15.50	Discipline	Choreography - Hilo
	Presenters	Patrizia Vincenzi - Massimo Alampi + FIF Team Selected
	Title	<b>AEROFLY</b>
15.50 16.30	Discipline	Cardiofitness Athletic Mode - Step
	Presenters	Fabio Amante - Stefania Giuliani + FIF Team Selected
	Title	<b>ATHLETIC STEP</b>
16.30 17.10	Discipline	Choreography - Hilo
	Presenters	Massimo Alampi + Marco Della Primavera + FIF Team Selected
	Title	<b>HILO DANCE STYLE</b>
17.10 17.50	Discipline	Toning - Step
	Presenters	Viviana Fabozzi + FIF Team Selected
	Title	<b>GAG METABOLICO</b>
17.50 18.30	Discipline	Toning
	Presenters	Team Teaching All Together by Davide Impallomeni
	Title	<b>THE WINNER IS CONTEST</b>

 Lessons Premium win Academy 2017

 Lessons Premium win Events 2017

## FRIDAY, 2nd JUNE

10.30 11.10	Discipline	Choreography - Hilo
	Presenters	Marco Della Primavera Massimo Alampi + FIF Team Selected
	Title	<b>AERODANCE EMOTION</b>
11.10 11.50	Discipline	Toning - Step
	Presenters	Davide Impallomeni + FIF Team Selected
	Title	<b>BODY WORKOUT ABDOMINAL</b>
11.50 12.30	Discipline	Toning - Step
	Presenters	Viviana Fabozzi - Massimo Alampi + FIF Team Selected
	Title	<b>TOTAL BODY FANTASY</b>
12.30 13.10	Discipline	Choreography - Hilo
	Presenters	Fabrizio Randisi - Patrizia Vincenzi + FIF Team Selected
	Title	<b>AERODANCE 2.0</b>
13.10 13.50	Discipline	Sporting Athletic
	Presenters	Monica Scurti + Team Got + FIF Team Selected
	Title	<b>KGT - CARDIO GLOBAL TRAINING LEVEL 1</b>
13.50 14.30	Discipline	Choreography - Hilo
	Presenters	Elisabetta Cinelli + FIF Team Selected
	Title	<b>AEROQUEEN</b>
14.30 15.10	Discipline	Toning
	Presenters	Fabio Amante - Stefania Giuliani + FIF Team Selected
	Title	<b>BODY ACTION 2.0</b>
15.10 15.50	Discipline	Choreography - Step
	Presenters	Patrizia Vincenzi - Fabrizio Randisi + FIF Team Selected
	Title	<b>STEPANTHER</b>
15.50 16.30	Discipline	Toning - Step
	Presenters	Davide Impallomeni + FIF Team Selected
	Title	<b>TBW BALANCE CONDITION</b>
16.30 17.10	Discipline	Postural Training
	Presenters	Michele Manca - Stefania Giuliani + FIF Team Selected
	Title	<b>POSTURAL CORE STABILITY</b>
17.10 17.50	Discipline	Sporting Athletic
	Presenters	Monica Scurti + Team Got + FIF Team Selected
	Title	<b>E.B.T. - EXERCISE BODY TECHNIQUE</b>
17.50 18.30	Discipline	Choreography - Hilo
	Presenters	Team Teaching All Together by Marco Della Primavera
	Title	<b>THE WINNER IS CONTEST</b>

## SATURDAY, 3rd JUNE

10.30 11.10	Discipline	Postural Training
	Presenters	Michele Manca + FIF Team Selected
	Title	<b>BODY ACTIVE STRETCH AND STRENGTH</b>
11.10 11.50	Discipline	Cardio Fitness Athletic Mode - Step
	Presenters	Davide Impallomeni + FIF Team Selected
	Title	<b>CARDIO TRAINING STEP PROGRESSION</b>
11.50 12.30	Discipline	Choreography - Hilo
	Presenters	Elisabetta Cinelli - Marco Della Primavera + FIF Team Selected
	Title	<b>HILOVE2</b>
12.30 13.10	Discipline	Toning - Step
	Presenters	Fabio Amante - Stefania Giuliani + FIF Team Selected
	Title	<b>STEP BODY ACTION 2.0</b>
13.10 13.50	Discipline	Choreography - Step
	Presenters	Marco Della Primavera - Fabrizio Randisi + FIF Team Selected
	Title	<b>COREO-STEP</b>
13.50 14.30	Discipline	Sporting Athletic
	Presenters	Monica Scurti + Team GOT
	Title	<b>KGT - Kardio Global Training Level 1</b>
14.30 15.10	Discipline	Choreography - Step
	Presenters	Patrizia Vincenzi - Fabrizio Randisi + FIF Team Selected
	Title	<b>STEP NO STOP</b>
15.10 15.50	Discipline	Postural Training
	Presenters	Davide Impallomeni + FIF Team Selected
	Title	<b>BALANCE BODY WEIGHT</b>
15.50 16.30	Discipline	Choreography - Hilo
	Presenters	Massimo Alampi - Patrizia Vincenzi + FIF Team Selected
	Title	<b>DANCE IN ACTION</b>
16.30 17.10	Discipline	Sporting Athletic
	Presenters	Monica Scurti + Team Got + FIF Team Selected
	Title	<b>KGT - Kardio Global Training Level 2</b>
17.10 17.50	Discipline	Toning
	Presenters	Viviana Fabozzi - Massimo Alampi + FIF Team Selected
	Title	<b>NATURAL BODY ART - STRETCH AND STRENGTH</b>
17.50 18.30	Discipline	Choreography - Hilo
	Presenters	Team teaching All Together by Marco Della Primavera
	Title	<b>THE WINNER IS CONTEST</b>














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# FIF PILATES / HOLISTIC / YOGA STAGE

PAV. A1 W-PRO AREA **RIMINIWELLNESS**

The staff wears  Cmax

THURSDAY, 1st JUNE		FRIDAY, 2nd JUNE		SATURDAY, 3rd JUNE		SUNDAY, 4th JUNE	
10.30 11.30 	<b>Sara Sergi</b> <b>PILATES PERFECT ARMS</b> Lesson focused on upper limbs' mobility, stability and toning	10.15 11.15 	<b>Gianpiero Marongiu</b> <b>STANDING PILATES</b> Pilates exercises in erect station for an integrated postural rebalancing	10.15 11.15 	<b>Gianpiero Marongiu</b> <b>SIMPLY PILATES</b> Analysis of coded exercises, with the variations that FIF school adopted	10.30 11.30 	<b>Elisabetta Cinelli</b> <b>PILATES TWIST AND TURN</b> The combination of rotations and lateral flexions will guide this original advanced level lesson. Objective: reinforcement of cross and lateral chains
11.40 12.40	<b>Michele Manca</b> <b>RING FOR INTENSITY</b> The use of this tool allows to strengthen the deep musculature and to tone the affected parties	11.25 12.25	<b>Elisabetta Cinelli</b> <b>PILATES MINI CIRCUITS</b> Pilates ready to use in mini sequences ready to use: variety, fantasy, balancing, workout and Fun!	11.25 12.25	<b>Donato De Bartolomeo</b> <b>PILATES CIRCUIT</b> Circuit workout allows you to make training more intense and to improve the technique of exercises that are repeated with variants	11.40 12.40 	<b>Gianpiero Marongiu</b> <b>PILATES CIRCUIT</b> Training strategy that allows to increase the intensity without losing the quality of the exercise
12.50 13.50	<b>Massimo Alampi</b> <b>PILATES BIGGER MOBILITY</b> Thanks to a series of movements associated with Pilates exercises we can improve our range of motion	12.35 13.35	<b>Donato de Bartolomeo &amp; Gianpiero Marongiu</b> <b>PILATES PROPS</b> Discovering proprioceptive training	12.35 13.35 	<b>Michele Manca</b> <b>SOFTBALL MOBILITY AND CORE</b> Bodyweight exercises with the use of softball that allows to strengthen both the deep musculature and the superficial musculature	12.50 13.50	<b>Elisabetta Cinelli</b> <b>PILATES DOUBLE PROPS</b> Women's training techniques applied to Pilates routine, thanks to the use of ring and soft ball
14.00 15.00 	<b>Stefania Giuliani</b> <b>PILATES WITH SOFT BALL</b> How to facilitate or enhance the traditional repertoire exercises	13.45 14.45	<b>Michele Manca &amp; Massimo Alampi</b> <b>PILATES &amp; STRETCH</b> Stretching, inserted between one Pilates exercise and the other as a sort of compensation maneuver: assured welfare!	13.45 14.45	<b>Elisabetta Cinelli</b> <b>PILATES ROUTINE DANCE</b> Pilates routine transformed into intense fluid training choreography: it increases parameters such as mobility and flexibility	14.00 15.00	<b>Laura Trevisani</b> <b>TOTAL GARUDA®</b> The class mixes sequences taken from Foundation and Seated and Standing repertoires. Standing exercises are focused on the opening and mobilization of the rib cage, the exercises on the mat aim to getting strength, resistance and stretch all done with the guiding force of breathing.
15.10 16.10 	<b>Elisabetta Cinelli</b> <b>PILATES TWIST AND TURN</b> The combination of rotations and lateral flexions will guide this original advanced level lesson. Objective: reinforcement of cross and lateral chains	15.00 16.00	<b>Rita Babini &amp; Donato De Bartolomeo</b> <b>DYNAMIC YOGA</b> The main positions of classic Hatha yoga in dynamic key, enriched by fluid movements <b>SPECIAL CLASS with Yoga school students</b>	15.00 16.00	<b>Donato De Bartolomeo</b> <b>HATHA YOGA</b> The practice of Yoga leads to the realization of physical awareness, but mostly to mental awareness, creating harmony and equilibrium	15.15 16.15 	<b>Sara Sergi</b> <b>PILATES EN DEHORS</b> The use of the elastic on the lower limbs in the erect station and on the Mat will allow us to have light, long and strong "dancer" legs
16.20 17.20	<b>Gianpiero Marongiu</b> <b>POWER STRETCH - BALANCE</b> Balance training is an excellent choice to correctly activate postural muscles	16.10 17.10 	<b>Massimo Alampi &amp; Sara Sergi</b> <b>PILATES 1 FOR 2</b> Only one roller for a lesson in pairs. The search for complicity in a very insidious sequence	16.10 17.10 	<b>Gianpiero Marongiu &amp; Elisabetta Cinelli</b> <b>PILATES SPECIALIST</b> Didactic progression of the most advanced exercises of the repertoire		
		17.20 18.20 	<b>Rita Babini</b> <b>HATHA YOGA</b> Motor coordination, alignment, weight exhaust, breath control: these are the elements which constitute the cornerstones of Hatha Yoga practice	17.20 18.20 	<b>Sara Sergi &amp; Stefania Giuliani</b> <b>FREEDOM OF MOVEMENT</b> The class targets global and local tension release to get a great joint mobility, allowing the body to get rid of daily life stress and tension		

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## MASTERCLASS WITH REFORMER

Closed masterclass with reservation on the place (maximum 6 people for lesson) / **Provider and partner**



THURSDAY, 1st JUNE		FRIDAY, 2nd JUNE		SATURDAY, 3rd JUNE		SUNDAY, 4th JUNE	
12.45 13.30	<b>Stefania Giuliani</b> <b>REFORMER</b>	11.00 11.45	<b>Gianpiero Marongiu</b> <b>REFORMER</b>	10.30 11.15	<b>Stefania Giuliani</b> <b>REFORMER</b>	10.30 11.15	<b>Stefania Giuliani</b> <b>REFORMER</b>
14.00 14.45	<b>Gianpiero Marongiu</b> <b>REFORMER</b>	12.30 13.15	<b>Stefania Giuliani</b> <b>REFORMER</b>	12.00 12.45	<b>Gianpiero Marongiu</b> <b>REFORMER</b>	12.00 12.45	<b>Gianpiero Marongiu</b> <b>REFORMER</b>
15.00 15.45	<b>Gianpiero Marongiu</b> <b>REFORMER</b>	14.30 15.15	<b>Gianpiero Marongiu</b> <b>REFORMER</b>	13.30 14.15	<b>Gianpiero Marongiu</b> <b>REFORMER</b>	13.30 14.15	<b>Gianpiero Marongiu</b> <b>REFORMER</b>
		16.00 16.45	<b>Gianpiero Marongiu</b> <b>REFORMER</b>	15.15 16.00	<b>Stefania Giuliani</b> <b>REFORMER</b>		