

## HORARIO

### Acreditaciones

8:30

### Presentación

9:15

SALA 6 PABELLÓN	9:30-10:25	Master Class ADAPTIV Jump
SALA 3 HIT	9:30-11:00	Workshop: Halterofilia
SALA 6 PABELLÓN	10:30-11:25	Master Class ADAPTIV Fitball
SALA 6 PABELLÓN	11:30-12:30	Master Class ADAPTIV Box
SALA 6 PABELLÓN	12:45-13:45	Zumba
SALA 3 HIT	13:00-15:00	Competición ADAPTIV GO fit Cross
SALA 5 BIKE	13:15-14:00	Workshop: Calentamientos En Ciclismo Indoor
SALA 5 BIKE	14:00-15:00	Master Class Ciclismo Indoor
SALA 6 PABELLÓN	14:00-15:00	Master Class ADAPTIV Pilates

### Comida Picnic

15:00-16:30

SALA 6 PABELLÓN	16:30-17:30	Master Class ADAPTIV Strength
SALA 5 BIKE	16:30-17:15	Workshop: ADAPTIV Bike Power
SALA 1 MOVE	16:45-17:15	Workshop: Pilates
SALA 1 MOVE	17:15-18:15	Master Class Pilates
PISCINA	17:15-18:00	Workshop: ADAPTIV Aqua
SALA 5 BIKE	17:15-18:15	Master Class ADAPTIV Bike
SALA 6 PABELLÓN	17:45-18:45	Master Class ADAPTIV Aerobic
PISCINA	18:00-19:00	Master Class ADAPTIV Aqua
SALA 5 BIKE	18:30-19:30	Master Class ADAPTIV Bike
SALA 6 PABELLÓN	19:00-20:30	Master Class ADAPTIV Yoga
SALA 1 MOVE	19:15-20:00	Workshop: ADAPTIV Strength
SALA 5 BIKE	19:45-20:45	Master Class ADAPTIV Bike
SALA 1 MOVE	20:00-20:45	Workshop: ADAPTIV Step Extreme

### ADAPTIV Party en Vallehermoso

22:00-00:30