

Family Dance Week

PROGRAMM

vom 29.08. – 05.09.2026

im Aldiana Club Rocca Nettuno Calabria

Sonntag 30.08.		Montag 31.08.	Dienstag 01.09.	Mittwoch 02.09.	Donnerstag 03.09.	Freitag 04.09.
09:00	Trainer Präsentation	Yoga 60 Min. Ania <i>Groupfitness Area</i>	Yoga 60 Min. Ania <i>Groupfitness Area</i>	Yoga 60 Min. Ania <i>Groupfitness Area</i>	Yoga 60 Min. Ania <i>Groupfitness Area</i>	Yoga 60 Min. Ania <i>Groupfitness Area</i>
10:00		Bodyweight Fitness 30 Min. Detlef D! Soost <i>Groupfitness Area</i>	Bodyweight Fitness 30 Min. Detlef D! Soost <i>Groupfitness Area</i>	Bodyweight Fitness 30 Min. Detlef D! Soost <i>Groupfitness Area</i>	Bodyweight Fitness 30 Min. Detlef D! Soost <i>Groupfitness Area</i>	Bodyweight Fitness 30 Min. Detlef D! Soost <i>Groupfitness Area</i>
10:30		Adults Dance Party 60 Min. Detlef D! Soost <i>Groupfitness Area</i>	Adults Dance Party 60 Min. Detlef D! Soost <i>Groupfitness Area</i>	Adults Dance Party 60 Min. Detlef D! Soost <i>Groupfitness Area</i>	Adults Dance Party 60 Min. Detlef D! Soost <i>Groupfitness Area</i>	Adults Dance Party 60 Min. Detlef D! Soost <i>Groupfitness Area</i>
11:30		Kids Dance (6-13 J.) 60 Min. Rafael & Fabio <i>Groupfitness Area</i>	Kids Dance (6-13 J.) 60 Min. Rafael & Fabio <i>Groupfitness Area</i>	Kids Dance (6-13 J.) 60 Min. Rafael & Fabio <i>Groupfitness Area</i>	Kids Dance (6-13 J.) 60 Min. Rafael & Fabio <i>Groupfitness Area</i>	Kids Dance (6-13 J.) 60 Min. Rafael & Fabio <i>Groupfitness Area</i>
16:15		Teens Dance (14-17 J.) 60 Min. Rafael & Fabio <i>Groupfitness Area</i>	Teens Dance (14-17 J.) 60 Min. Rafael & Fabio <i>Groupfitness Area</i>	Teens Dance (14-17 J.) 60 Min. Rafael & Fabio <i>Groupfitness Area</i>	Teens Dance (14-17 J.) 60 Min. Rafael & Fabio <i>Groupfitness Area</i>	Teens Dance (14-17 J.) 60 Min. Rafael & Fabio <i>Groupfitness Area</i>
17:30		Standard- & Lateintanz 60 Min. Malika & Laticia <i>Piazza</i>	Standard- & Lateintanz 60 Min. Malika & Laticia <i>Piazza</i>	Standard- & Lateintanz 60 Min. Malika & Laticia <i>Piazza</i>	Standard- & Lateintanz 60 Min. Malika & Laticia <i>Piazza</i>	Standard- & Lateintanz 60 Min. Malika & Laticia <i>Piazza</i>

