

MANDELIEU-LA NAPOULE

2^e ÉDITION

17 > 18 SEPTEMBRE
2022

CENTRE EXPO CONGRÈS

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 DÉPARTEMENT
DES ALPES-MARITIMES


MANDELIEU
CÔTE D'AZUR FRANCE

PLANNING COURS

PARTENARIAT CLUBS FITNESS & démo NOUVEAUX
CONCEPTS

PODIUM EXTERIEUR	SAMEDI 17 SEPTEMBRE COURS OUTDOOR	PODIUM EXTERIEUR	DIMANCHE 18 SEPTEMBRE COURS OUTDOOR
9H/10H	MASTERCLASS IRONBIKE - 3H		X
10H/11H	by Fitness Park - 170 vélos outdoor	10H/11H	MASTERCLASS YOGA VINYASA - 2H
11H/12H	Emilie Fabbiani , Gérard Moro, Léonie Billore, Jean Pierre Cyprien	11H/12H	Topfit Centers - Ivana Sparti, Fanny Simon & Sophie Torrè
		12H15/12H30	<i>Défilé de mode VIKFIT - 15min</i>
13H45/14H	<i>Défilés de mode FITZENGO - 15min</i>	13H45/14H	<i>Défilé de mode KANGOO JUMPS®- 15 min</i>
14H/15H	BODYJAM™ * - 60min - Les Mills® Jérôme Durand & Olivier Bul An Sung by Topfit Centers*	14H/14h45	KANGOO POWER™ *- 45min Rut Vela (Master trainer Spain) by Kangoo Jumps®
15H/16H	MOVn DANCE *- 60min Olivier Bul An Sung - by Topfit Centers	14H45/15h	<i>Défilé de mode FITZENGO - 15min</i>
16H/16H15	<i>Défilé de mode VIKFIT - 15min</i>	15h/16h	MOBILITYFLOW®- 60min Fabienne CAMARA - by Vitalité CF Paris
16H15/17H	KANGOO DANCE™ * - 45min Rut Vela (Master trainer Spain) by Kangoo Jumps®	16H/17H	BODYCOMBAT™ * 60min – Les Mills® Gérard Moro & Kevin Perrino by Fitness Park
17H/18H	BODYATTACK™ * 60min – Les Mills® Louka Esposito, Jean Pierre Cyprien & Emilie Suarez by Fitness Park	17H/18H	COURS DE BACHATA/SALSA By SBK06 Latin Danse School - Steve Bakoula
18H45/19H	<i>Défilé de mode ZUMBA WEAR -15min</i>		<i>Ouvert à tous niveaux !</i>
19H/20H	MASTERCLASS ZUMBA® NIGHT - 2H	18H/19H	COURS DE KIZOMBA * By SBK06 Latin Danse School - Steve Bakoula
20H/21H	Alix Pfrunder + Remy Dos Reis + Fabienne Camara + cf liste site: instructeurs ZIN/ZES		X

INTERIEUR	SAMEDI COURS INDOOR	INTERIEUR	SAMEDI ZONE CHALLENGE	INTERIEUR	DIMANCHE COURS INDOOR	INTERIEUR	DIMANCHE ZONE CHALLENGE
10H/11H	*PILATES MAT - 60min by Evelyne FRUGIER Trainer + Formation	10H/11H	POWERLIFTING SQUAT CHALLENGE Tentez le challenge ! 60min - Force Athlétique by NICOACH (free record)	10H/11H	*FIFTYFIT® - 60min by Evelyne Frugier Trainer + Formation	10H/11H	*PSM Pilates en suspension 50min - BAS CORPS by Lydie LGG - MLN STUDIO Trainer + Formation
11H/12H	*FIT PRÉ NATAL* - 60min by Evelyne FRUGIER Trainer + Formation	11H/12H	*NINJA BOX - 60min Parcours Ninja warrior - CHALLENGE (free record)	11H/12H	*ZUMBA® SESSION - 60min By Alix Pfrunder & Remy Dos Reis Défilé ZUMBA WEAR	11H/12H	* POWERLIFTING SOULEVÉ TERRE CHALLENGE Tentez le challenge ! 60min - Force Athlétique by Nicoach (free record)
12H/ 12H30	*KWOD Kettlebell Session - 30min by Fabrice JAEN & Greg SOUQUET Trainer + Formation	12H/13H	*PSM Pilates en suspension 50min - CORE by Lydie LGG MLN STUDIO Trainer + Formation	12H/13H	*ELGO DANCE® - 60min by Luna Elgo Trainer + Formatrice	12H/13H	*Ninja BOX - 60min Parcours Ninja warrior CHALLENGE (free record)
12H30/ 13H15	*STRONG NATION - 45min by Fabienne CAMARA	13H/ 13H30	*YOGA AERIEN 30min by PILATES ATTITUDE	13H/ 13H30	* CHALLENGE avec un athlète de haut Niveau by MEDxCARE	13H/ 13H30	*YOGA AERIEN 30min by PILATES ATTITUDE
12H/14H	REPAS FOODTRUCK	12H/14H	DJ playlist session HALL	12H/14H	REPAS FOODTRUCK	12H/14H	DJ playlist session HALL Demo SBL STREET WORKOUT
14H/ 14H30	* CHALLENGE 30min avec un athlète de haut Niveau by MEDxCARE	14H/15h	POWERLIFTING DEV.COUCHÉ CHALLENGE Tentez le challenge ! 60min - Force Athlétique by NICOACH (free record)	14H/ 14H30	*KWOD Kettlebell Session - 30min by Fabrice JAEN & Greg SOUQUET Trainer + Formation	14H/15H	* POWERLIFTING CHALLENGE SUPER WINNERS Tentez le challenge ! 60min - Force Athlétique by Nicoach (free record)
14H30/ 15H30	* MOBILITYFLOW®- 60min by Fabienne CAMARA Trainer + Formation	15H/16H	*NINJA BOX - 60min Parcours Ninja warrior CHALLENGE (free record)	14h45/ 15H15	*SPRINT - LES Mills® - 30min By Emilie Suarez Fitness Park	15H/16H	*PSM Pilates en suspension 50min - PURE - MLN STUDIO by Lydie LGG Trainer + Formatrice
15H30/ 16H30	*SPINNING® - 60min by Louka ESPOSITO Fitness Park	16H/ 16H30	*TACTICAL GAMES by UNIT PERFORMANCE (30min)	15H15 16H15	*ATHLETIC FORCE - 60min Joël Jouanny By Fitness Park	16H/ 16H30	*TACTICAL GAMES by UNIT PERFORMANCE (30min)
16H30/ 17H15	*KBFIIT® kettlebell - 45min Cours Co by Jérôme Gillé	16H30 17H30	*PSM Pilates en suspension 50min - STRETCH by Lydie LGG MLN STUDIO Trainer + Formatrice	16H/15 17H15	*KBFIIT® kettlebell - 45min Cours Co by Jérôme Gillé	16H30 17H30	*Ninja BOX - 60min Parcours Ninja warrior CHALLENGE (free record)
17H30/ 18H	* CHALLENGE 30min avec un athlète de haut Niveau by MEDxCARE	17H30	Demo SBL STREET WORKOUT by Antoine LACOTTE	17H/ 17H30	* CHALLENGE 30min avec un athlète de haut Niveau by MEDxCARE	17H30	Demo SBL STREET WORKOUT by Antoine LACOTTE