

1st Dance & Fitness Convention 5th & 6th of December 2009



Saturday 5th of December 2009

TIME	DANCE AREA	FITNESS AREA	THEORITICAL AREA
11:00 - 12:00		REGISTRATIONS	
12:00 - 13:00	EKONOMOU KIKI ZUMBA FITNESS	PETROU RACHEL DYNAMIC YOGA	
13:10 - 14:10	PIERIS PIERI - IOANNOY NIKOLETA SALSA PARTNERING	CHARALAMBOUS ANASTASIS SIMPLE STEP	ARISTODEMOU STELIOS STARTING A SUCCESSFUL PERSONAL TRAINING BUSINESS
14:20 - 15:20	KISSONERGI XENIA SHAKE ON REGGAETON	PETROU RACHEL - KYRIAKOU ANDRIA LIZA GYROKINESIS	
20' BREAK			
15:40 - 16:00	DANCE SHOWS		
16:00 - 16:50	ARISTIDOU STYLIANA CONTEMPORARY (LIMON SYSTEM)	GABRIEL CHRISTOS DANCE SENSATION	KORELLIS C. GEORGIOS DNA FOR SPORTS & FITNESS
17:00 - 17:50	LERIOU VALENTINA AFRO - TRIBAL DANCE	DEMETRIOU FROSO ZUMBA BASIC	
18:00 - 19:00	MICHAELLA - MARIA KALLINIKOU LADIES SHINE		

Sunday 6th of December 2009

TIME	DANCE AREA	FITNESS AREA	THEORITICAL AREA
11:00 - 12:00		REGISTRATIONS	
12:00 - 13:00	SOTERIOU ANDREAS - NASO KAZAZI REGGEATON	KYRIAKIDOU NADIA PILATES	
13:10 - 14:10	LERIOU VALENTINA CONTEMPORARY	ELIA COSTAS U BOUND	IOANNIDOU MADELLA REA - CHARALAMBOUS ANA. ORGANISING YOUR SUCCESSFUL SPORT EVENT/DANCE SHOW
14:20 - 15:20	PIERIS PIERI - NIKOLETA CHA - CHA	ARISTODEMOU STELIOS FUNCTIONAL TRAINING & SPORTS SPECIFIC EXERCISES	
20' BREAK			
15:40 - 16:00	DANCE SHOWS		
16:00 - 16:50	SIAKALIS CHRISTOS - SIAKALI ELENA BACHATA	GABRIEL CHRISTOS DANCE STEP SENSATION	CONAGHAN JAMES - DALE PATRICK FROM GYM INSTRUCTOR TO PERSONAL TRAINER
17:00 - 17:50	KOUKOUMA GIORGIA HIP - HOP	KYRIAKIDOU NADIA NIA DANCE	
18:00 - 19:00	EKONOMOU KIKI HIP HOP / STEPPING		