



# Swingtime Aerobics, Fitness & Dance Convention June 2019 – For everyone who loves Aerobics with a top team of presenters. **Free Event!** Presenters: Steve Watson, Sava Assenov, Per Markussen & Elisabeth Dalsgaard

<u>Friday 7th June</u>	<u>Saturday 8th June</u>	<u>Sunday 9th June</u>	<u>Monday 10th June</u>	<u>Tuesday 11th June</u>	<u>Wednesday 12th June</u>	<u>Thursday 13th June</u>	<u>Friday 14th June</u>
09.00-09.50, Laguna Yoga, Sava	09.00-09.50, Volcano Beginners Step, Elisabeth	09.00-09.50, Volcano Step Intermediate, Steve	09.00-09.50, Laguna Yoga, Sava	09.00-09.50, Volcano Step Beginners, Elisabeth	09.00-09.50, Volcano Step Advanced, Sava	09.00 – 09.50, Volcano Advanced Step, Steve	09.00 – 09.50, Volcano Partners Step, Elisabeth
10.00-10.50, Volcano Beginners Step, Elisabeth	10.00 – 10.50, Laguna Pilates/functional, Sava	10.00-10.50, Indoor, Dance Fusion, Sava	10.00-10.50, Indoor New Jack Swing- Dance Per	10.00-10.50, Laguna Dance Aerobics, Steve	10.00-10.50, Laguna Disco Dance, Per	10.00-10.50, Indoor House Dance, Per	10.00-10.50, Laguna Ballroom Fitness™, Elisabeth
11.00-11.50, Laguna Functional workout, Sava	11.00-11.50, Volcano Step intermediate, Sava	11.00 – 11.50, Laguna RUSH (Toning), Steve	11.00-11.50. Laguna Step advanced, Steve	11.00-11.50, Indoor House Dance, Per	11.00-11.50, Laguna 100% Dirty Dancing, Elisabeth	11.00-11.50, Laguna George Michael Jam, Elisabeth	11.00-11.50, Laguna RUSH (Toning), Steve
16.00-16.50, Laguna Salsa Aerobics, Elisabeth	16.00-16.50, Indoor Dance Studio Soul Jazz, Sava	16.00-16.50, Laguna Rock´n Robics™, Elisabeth	16.00-16.50, Laguna Core & Strong Back Sava	16.00-16.50, Laguna RUSH, Steve	16.00-16.50, Volcano Step Intermediate, Per		
17.00-17.50, Laguna Ballroom Fitness™, Elisabeth	17.00-17.50, Laguna 100% GREASE, Elisabeth	17.00-17.50, Volcano Team Teach, All	17.00-17.50, Indoor Can´t stop this feeling Elisabeth	17.00-17.50, Volcano Step Advanced, Per	17.00-17.50, Laguna Dance Aerobics, Steve	17.00-17.50, Volcano Intermediate Step, Per	17.00-17.50, Laguna Dance Aerobics, Steve
18.00-18.50, Volcano Step Advanced, Sava	18.00-18.50, Volcano Step Advanced, Steve	18.00-18.50, Laguna Dance Aerobics, Per	18.00-18.50, Laguna Step intermediate, Per	18.00-18.50. Laguna Ballroom Fitness™, Elisabeth	18.00-18.50, Laguna Pilates, Sava	18.00-18.50, Laguna Yoga, Sava	
			23.00-23.30, Swingtime Disco Aerobics, CLS Arena				

The Swingtime Aerobics event is free of charge and is open to all aerobics and dance enthusiasts. We recommend though, that you already have some aerobics and dance experience if you want to take part.