



Swingtime Aerobics, Fitness / Dance Convention, Club La Santa August 2025

Swingtime Aerobics, Fitness & Dance Convention – Club La Santa September 2025. Classes marked with a star* are open to all quests at Club La Santa

Time	Fri. 29/08	Sat. 30/08	Sund. 31/08	Mon. 01/09	Tues. 02/09	Wed. 03/09	Thu. 04/09	Fri. 05/09
8.30				TEAM PHOTO (t-shirts please)				
9-9.50	Dance Aerobics Steve, Volcano	Step Advanced Steve, Volcano	Morning mobility Kelly, 5-a-side	Dance Fussion Sava, Laguna	The Motown Experience Tony, Dance Studio	Wake up session Toniah, 5-a-side	Step Intermediate Christos, Laguna	Yoga Flow Sunrise Sava, Laguna
9-9.50		Wake up session Toniah Laguna	Dance Party Christos, Laguna	Injury Prevention Alex, 5-side	Wake up session Toniah, Laguna	Step Beginners Steve, Laguna	Myofascial Release Alex, 5-a-side	
10-10.50	Step Beginners Elisabeth Volcano	Fitness Pilates Kelly, Volcano	HYROX Alex, 5-a-side	Lift Lean Kelly, 5-a-side	HIIT Alex, Laguna	Core & More Kelly, 5-a-side	Fitness Pilates Power Kelly, Laguna	Old School Aerobics Christos, Laguna
10-10.50		Bachata Jam Elisabeth, Laguna	Old School Jam Toniah, Laguna	Ballroom Fitness™ Elisabeth, Laguna	Can´t stop the feeling Elisabeth, Dance Studio	Step Intermediate Sava, Laguna	Latin Smooth Sava, Dance Studio	
11-11.50	RUSH (Toning) Steve, Volcano	Align & Define Kelly, Laguna	Urban commercial Dance Tony, Laguna	Toning Alex, Laguna	Dance Aerobics Christos, Laguna	Step Advanced Steve, Laguna	Circle Training Christos, Laguna	Cross Training Alex, Laguna
11-11.50		Step Beginners Elisabeth, Volcano	Step Intermediate Sava, Volcano	Step Intermediate Christos, Volcano	Step Intermediate Steve, 5-a-side	*100% Grease Elisabeth, Volcano	Soulfull Linedance Toniah, Dance Studio	
12-12.50	Salsa Robics™ Elisabeth, Volcano	Dance Aerobics Steve, Volcano	Bachata Step Aerobics Elisabeth, Volcano	*100% Dirty Dancing Elisabeth, Laguna	Step Beginners Elisabeth, 5-a-side	Mobility Flow Kelly, Volcano	Step Advanced Sava, Volcano	Soul Jazz Sava, Laguna
12-12.50			Body Transformation Kelly, Laguna	Step Beginners Steve, Volcano				
16-16.50	Step Intermediate Steve, Volcano	Old School Dance Tony, Dance Studio	Strong Back Sava, Laguna	Strength, Balance & Core Alex, Laguna	Step Advanced Christos, Laguna	Body Workout Sava, Laguna	Slow Strength Kelly, Laguna	Step Advanced Christos, Laguna
16-16.50		RUSH (Toning) Steve, Laguna	If the world was ending Toniah, Dance studio	Disco Aerobics Christos, 5-a-side	Old School Jam Toniah, Dance studio	Theater Dance Fun Tony, Dance Studio	House Dance Tony, Dance studio	
17-17-50	*Ballroom Fitness™ Elisabeth, Volcano	*Ballroom Fitness™ Elisabeth, Laguna	Street Jazz Tony, Dance studio	Step & Tone Sava, 5-a-side	House Tony, Dance studio	Afrobeat Toniah, Dance Studio	Extravaganza Dance Sava, Dance Studio	Stretch Alex, Laguna
17-17.50		Afrobeat Toniah, Dance Studio	Step Advanced Christos, Laguna	Rock´n Robics™ Elisabeth, Laguna	RUSH (Toning) Steve, Laguna	Ballroom Fitness™ Elisabeth, Laguna	Partner Step Aerobics Elisabeth, Laguna	
18-18.50	Stretch & Relax Toniah, Volcano	Stretch, Relax and Reset Kelly, Laguna	Myofascial Release Alex, Laguna	Step Advanced Steve, 5-a-side	Glamstyle Dance Christos, Dance Studio	Old School Dance Tony, Dance Studio	DanceGLAM Tony, Dance Studio	
18-18.50		Dance Glam Tony, Dance Studio	*Jerusalema Dance Elisabeth, Volcano	Gentle Yoga Flow Kelly, Laguna	Mobility Stretch Flow Alex, Laguna	Fitness Pilates Flow Kelly, Laguna	Medical & Recovery Alex, Laguna	
20.30						Dinner El Lago, 45 Euro Please sign up with Elisabeth		
21.30				*Disco Aerobics				

Dance/Step Classes are marked GREEN **Toning/Strength classes are marked RED** **Body/Mind classes are marked YELLOW**

Classes marked with a star* are open to all guests at Club La Santa

Instructors: Steve Watson, Toniah Pedersen, Sava Assenov, Alex Swan, Christos Gabriel, Kelly Reed, Tony Stone, Elisabeth Dalsgaard
Price: 150 Euro