



Swingtime Aerobics, Fitness & Dance Convention June

– For everyone who loves Aerobics with a top team of presenters. **Free Event!**

Time	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
09-9:50	09.00-09.50 Laguna – Fitness Pilates	09.00-09.50 Volcano – Beginners Step	09.00-09.50 Volcano – Team Teach	09.00-09.50 Laguna – Ballroom Fitness™	09.00-09.50 Volcano – Step Beginners	09.00-09.50 Volcano – Step Advanced		09.00 – 09.50 Volcano – Partner Step
10-10:50	10.00 – 10.50 Volcano – Beginners Step	10.00 – 10.50 Laguna – RUSH (toning)	10.00-10.50 Indoor – Soul Jazz	10.00-10.50 Indoor – House moves	10.00-10.50 Laguna – Dance Aerobics	10.00-10.50 Laguna – Rhythmic Stretch		10.00-10.50 Laguna – Latin Jam
11-11:50	11.00-11.50 Laguna – Conditioning Workout	11.00-11.50 Volcano – Step intermediate	11.00 – 11.50 Laguna – Dance Aerobics	11.00-11.50 Laguna – Step advanced	11.00-11.50 Indoor – Commercial Dance	11.00-11.50 Laguna – 100% Dirty Dancing		11.00-11.50 Laguna – Athletic Workout
12:00								
15:00								
16-16:50	16.00-16.50 Laguna – Dance Aerobics	16.00-16.50 Indoor Dance Studio – Lyrical Dance	16.00-16.50 Laguna - Summer Dance Vibes	16.00-16.50 Laguna – Core & Strong Back	16.00-16.50 Laguna – Body Challenge	16.00-16.50 Volcano – Step Intermediate		16.00-16.50 Laguna – Showtime dance
17-17:50	17.00-17.50 Laguna – Ballroom Fitness™	17.00-17.50 Laguna – 100% GREASE	17.00-17.50 Volcano – Step advanced	17.00-17.50 Indoor – Can't stop this feeling	17.00-17.50 Volcano – Step Advanced	17.00-17.50 Laguna – Dance Aerobics		17.00-17.30 Laguna – Ballroom Fitness™
18:00	18.00-18.50 Volcano – Step Advanced	18.00-18.50 Volcano – Step Advanced	18.00-18.50 Laguna – Yoga	18.00-18.50 Laguna – Step intermediate	18.00-18.50 Laguna – Salsa Robics	18.00-18.50 Laguna – Fitness Pilates		18.00-18.50 Laguna – Yoga
20:00								
22:30				22.30 Swingtime Disco Aerobics, CLS Arena				

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



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