

SAMEDI 01.09

Accueil & welcome pack **7h45**

Lunch 12h-14h

Réservez votre formule repas !

› **WORKOUT 1 | 08:00 - 08:45**
STUDIO PILATES

**WO 1 - MAT PILATES CENTERING
MATINAL**

Ann McMillan

› **WORKOUT 2 | 08:00 - 08:45**
FITNESS STUDIO

**WO 2 - F.R.E.E FASCIAL REAL EMO-
TION**

Ester Albini

› **WORKOUT 3 | 08:00 - 08:45**
CONFÉRENCE 1

**WO 3 - PILATES
FOR ROLLER**

Alan Herdman

› **WORKOUT 4 | 08:00 - 08:45**
CONFÉRENCE 2

**WO 4 - MIND BODY WARM UP AND
TRAINING WITH BALLS**

Eric Franklin

› **WORKSHOP 1 | 09:00 - 12:00**
STUDIO PILATES

**WS 5 - PILATES & SPORTS
DE ROTATION**

Ann McMillan

› **WORKSHOP 2 | 09:00 - 12:00**
FITNESS STUDIO

**WS 6 - FASCIAL
REAL EMO-TION**

Ester Albini

› **WORKSHOP 3 | 09:00 - 12:00**
CONFÉRENCE 1

WS 7 - PILATES HOUSE REVISITED

Alan Herdman

› **WORKSHOP 4 | 09:00 - 12:00**
CONFÉRENCE 2

**WS 8 - RELAX YOUR NECK ,LIBERATE
YOUR SHOULDERS**

Eric Franklin

› **WORKOUT 5 | 12:15 - 13:00**
STUDIO PILATES

WO 9 - PILATES MEETS YOGA

Ana Luis Martins

› **WORKOUT 6 | 12:15 - 13:00**
FITNESS STUDIO

WO 10 - MAT PILATES

Ann McMillan

› **WORKOUT 7 | 12:15 - 13:00**
CONFÉRENCE 1

**WO 11 - MINDFULNESS
WITHIN PILATES CLASS**

Sonia Abrantes

› **WORKSHOP 5 | 14:00 - 17:00**
STUDIO PILATES

**WS 12 - INSTABILITY SPORTS/
ATHLETES ENHANCE YOUR EQUIPMENT
REPERTOIRE**

Ana Luis Martins

› **WORKSHOP 6 | 14:00 - 17:00**
FITNESS STUDIO

**WS 13 - PILATES AND
MOVEMENT**

Sonia Abrantes

› **WORKSHOP 7 | 14:00 - 17:00**
CONFÉRENCE 1

**WS 14 - CRYSTAL BALL
RESPONSE**

James D'Silva

› **WORKOUTS | 17:30 - 18:15**
STUDIO PILATES

**WO 15 - MAT PILATES COLONNE
FRAGILE**

Ann McMillan

› **WORKOUT 9 | 17:30 - 18:15**
FITNESS STUDIO

**WO 16 - FREEING YOUR
NECK**

Eric Franklin

› **WORKOUT 10 | 17:30-18:15**
CONFÉRENCE 1

WO 17 - GARUDA STANDING

James D'silva

› **WORKOUT 11 | 17:30-18:15**
CONFÉRENCE 2

**WO 18 - A FUSION OF CLASSICAL
AND CONTEMPORARY PILATES
EXERCISES**

Alan Herdman

CONVENTION INHALEXALE

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PILATES INSTITUTE



DIMANCHE 02.09

Accueil
Lunch

7h45

12h-14h

› **WORKOUT 12 | 08:00-08:45**
STUDIO PILATES

WO 19 - **YOGA BARRE**
Janine Silva

COMPLET

› **WORKSHOP 10 | 09:00-12:00**
CONFÉRENCE 1

WS 25 - **F.RE.E FASCIAL REAL EMOTION**
Ester Albini

› **WORKSHOP 14 | 13:30-16:30**
CONFÉRENCE 1

WS 31 - **PILATES & THE BRAIN NEURO-FASCIAS**
Ester Albini

› **WORKOUT 13 | 08:00-08:45**
FITNESS STUDIO

WO 20 - **LET'S HAVE FUN WITH THE 34 CLASSIC MAT EXERCISES**
Alan Herdman

› **WORKSHOP 11 | 09:00-12:00**
CONFÉRENCE 2

WS 26 - **PELVIC FLOOR FOR CORE INTEGRATION**
Eric Franklin

› **WORKSHOP 15 | 13:30-16:30**
CONFÉRENCE 2

WS 32 - **EMBODYING AND TRAINING YOUR FASCIA(S)**
Eric Franklin

› **WORKOUT 14 | 08:00-08:45**
CONFÉRENCE 1

WO 21 - **PILATES FREE FASCIAS**
Ester Albini

› **WORKOUT 16 | 12:15-13:00**
STUDIO PILATES

WO 27 - **YOGA PILATES**
Anna Herdman

COMPLET

› **WORKOUT 15 | 08:00-08:45**
CONFÉRENCE 2

WO 22 - **MIND BODY WARM UP AND TRAINING WITH BANDS**
Eric Franklin

› **WORKOUT 17 | 12:15-13:00**
FITNESS STUDIO

WO 28 - **FLOW**
Ana Luis Martins

› **WORKSHOP 8 | 09:00-12:00**
STUDIO PILATES

WS 23 - **YOGA BARRE**
Janine D'silva

COMPLET

› **WORKSHOP 12 | 13:30-16:30**
STUDIO PILATES

WS 29 - **PILATES PROBLEM SOLVING** Ann McMillan

› **WORKSHOP 9 | 09:00-12:00**
FITNESS STUDIO

WS 24 - **HIP REPLACEMENT EXERCISES** Alan Herdman

› **WORKSHOP 13 | 13:30-16:30**
FITNESS STUDIO

WS 30 - **ROTATE YOUR DISC FLOW**
Ana Luis Martins

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