

Un'oasi sportiva
organizzata

Il programma Bibione Be Active si svolgerà all'interno dell'Arena di Piazzale Zenith. Una vacanza all'insegna del "riposo attivo" tra Yoga, Pilates, Zumba, Beach Volley, Beach Soccer, Pallacanestro e molto altro.

Non mancheranno laboratori didattici e intrattenimento per i più piccoli.

An organised
sports oasis

The program Bibione Be Active is back in the Arena at Piazzale Zenith. A holiday focused on "active relaxation" with activities like Yoga, Pilates, Zumba, Beach Volley, Beach Soccer, Basketball and much more. Educational workshops and entertainment will also be available.

Trainer di alto livello

Nove settimane continuative di attività gratuita con qualificati trainer da tutta Europa in un contesto dall'atmosfera unica e coinvolgente. Un progetto innovativo che conferma la vocazione "sport e wellness" della località turistica.

High-level trainers

Nine weeks of continuous free activities with trainers from all over Europe, in a unique and engaging atmosphere. An Innovative project that confirms the "sports and wellness" vocation of the tourist destination.

Tutte le informazioni sul sito bibione.com/it/bibione-active/.

Libero accesso ai campi da Beach Volley, Beach Soccer, Pallacanestro

All'interno dell'Arena saranno liberamente disponibili campi da gioco da Beach Volley, Beach Soccer e Pallacanestro per adulti, bambini e ragazzi con qualsiasi grado di preparazione sportiva.

Free access to Beach Volley, Beach Soccer and Basketball courts

Inside the Arena Beach Volley, Beach Soccer and Basketball courts will be freely available for adults, children and teenagers of any level of sports preparation.



Quando?

Dal 29 giugno al 28 agosto.

When?

From June 29th to August 28th.

Dove?

ARENA Piazzale Zenith.

Where?

ARENA at Piazzale Zenith.

BIBIONE BE ACTIVE

PROGRAM

The program may be changed!

		8.30 - 9.30			8.30 - 9.30	10.00 - 11:00			8.30 - 9.30	10.00 - 11:00
JUNE	Monday 29th June	OLISTIC WORKOUT <i>Cristiano Lollo</i>	JULY	Monday 20th July	CIRCLE MOBILITY <i>Luca De Nigro e Lisa Mia Calvo</i>	ZUMBA <i>Luca De Nigro</i>	AUGUST	Monday 10th August	CIRCLE MOBILITY <i>Lisa Mia Calvo</i>	ZUMBA <i>Luca De Nigro</i>
	Tuesday 30th June	QI WELL <i>Cristiano Lollo</i>		Tuesday 21st July	CIRCLE MOBILITY <i>Luca De Nigro e Lisa Mia Calvo</i>	ZUMBA <i>Luca De Nigro</i>		Tuesday 11th August	FLOW BURN EVOLUTION <i>Lisa Mia Calvo</i>	ZUMBA <i>Luca De Nigro</i>
JULY	Wednesday 1st July	MOBILITY <i>Simone Magliola</i>		Wednesday 22nd July	CIRCLE MOBILITY <i>Luca De Nigro e Lisa Mia Calvo</i>	STRONG NATION <i>Luca De Nigro</i>		Wednesday 12th August	CIRCLE MOBILITY <i>Lisa Mia Calvo</i>	ZUMBA <i>Luca De Nigro</i>
	Thursday 2nd July	MOBILITY <i>Simone Magliola</i>		Thursday 23rd July	CIRCLE MOBILITY <i>Luca De Nigro e Lisa Mia Calvo</i>	ZUMBA <i>Luca De Nigro</i>		Thursday 13th August	CIRCLE MOBILITY <i>Lisa Mia Calvo</i>	ZUMBA <i>Luca De Nigro</i>
	Friday 3rd July	MOBILITY <i>Simone Magliola</i>		Friday 24th July	CIRCLE MOBILITY <i>Luca De Nigro e Lisa Mia Calvo</i>	ZUMBA <i>Luca De Nigro</i>		Friday 14th August	FLOW BURN EVOLUTION <i>Lisa Mia Calvo</i>	ZUMBA <i>Luca De Nigro</i>
JULY	Monday 6th July	PILATES <i>Karin Pace</i>	JULY	Monday 27th July	RIEDUCAZIONE POSTURALE <i>Sara Mion</i>	ZUMBA <i>Sara Mion</i>	AUGUST	Monday 17th August	MOBILITY DANCE FLOW <i>Giovanni Leccese</i>	ZUMBA <i>Giovanni Leccese</i>
	Tuesday 7th July	QI WELL <i>Cristiano Lollo</i>		Tuesday 28th July	STRETCHING <i>Sara Mion</i>	ZUMBA <i>Sara Mion</i>		Tuesday 18th August	MOBILITY DANCE FLOW <i>Giovanni Leccese</i>	ZUMBA <i>Giovanni Leccese</i>
	Wednesday 8th July	OLISTIC WORKOUT POSTURAL <i>Cristiano Lollo</i>		Wednesday 29th July	POSTURALE CON TECNICHE DI PILATES <i>Sara Mion</i>	ZUMBA <i>Sara Mion</i>		Wednesday 19th August	MOBILITY DANCE FLOW <i>Giovanni Leccese</i>	ZUMBA <i>Giovanni Leccese</i>
	Thursday 9th July	OLISTIC WORKOUT STRETCHING DEI MERIDIANI <i>Cristiano Lollo</i>		Thursday 30th July	RIEDUCAZIONE FUNZIONALE <i>Sara Mion</i>	REEJAM <i>Sara Mion</i>		Thursday 20th August	MOBILITY DANCE FLOW <i>Giovanni Leccese</i>	ZUMBA <i>Giovanni Leccese</i>
	Friday 10th July	OLISTIC WORKOUT POSTURAL <i>Cristiano Lollo</i>		Friday 31st July	RIEDUCAZIONE POSTURALE <i>Sara Mion</i>	ZUMBA <i>Sara Mion</i>		Friday 21st August	MOBILITY DANCE FLOW <i>Giovanni Leccese</i>	ZUMBA <i>Giovanni Leccese</i>
JULY	Monday 13th July	YOGA <i>Cecilia Migliosi</i>	AUGUST	Monday 3rd August	OLISTIC WORKOUT STRETCHING DEI MERIDIANI <i>Cristiano Lollo</i>	BALLA&BRUCIA EVOLUTION <i>Roberto Galasso</i>	AUGUST	Monday 24th August	CIRCLE MOBILITY <i>Daniela Acosta</i>	ZUMBA <i>Daniela Acosta</i>
	Tuesday 14th July	OLISTIC WORKOUT <i>Cristiano Lollo</i>		Tuesday 4th August	OLISTIC WORKOUT POSTURAL <i>Cristiano Lollo</i>	BALLA&BRUCIA EVOLUTION <i>Roberto Galasso</i>		Tuesday 25th August	OLISTIC WORKOUT POSTURAL <i>Cristiano Lollo</i>	ZUMBA <i>Daniela Acosta</i>
	Wednesday 15th July	STRETCH FOR STRENGTH <i>Alessandro Muò</i>		Wednesday 5th August	QI WELL <i>Cristiano Lollo</i>	BALLA&BRUCIA EVOLUTION <i>Roberto Galasso</i>		Wednesday 26th August	CIRCLE MOBILITY <i>Daniela Acosta</i>	STRONG NATION <i>Daniela Acosta</i>
	Thursday 16th July	QI WELL <i>Cristiano Lollo</i>		Thursday 6th August	OLISTIC WORKOUT STRETCHING DEI MERIDIANI <i>Cristiano Lollo</i>	BALLA&BRUCIA EVOLUTION <i>Roberto Galasso</i>		Thursday 27th August	OLISTIC WORKOUT POSTURAL <i>Cristiano Lollo</i>	BeActive Inclusivo
	Friday 17th July	POSTURAL FUSION <i>Cecilia Migliosi</i>		Friday 7th August	OLISTIC WORKOUT POSTURAL <i>Cristiano Lollo</i>	BALLA&BRUCIA EVOLUTION <i>Roberto Galasso</i>		Friday 28th August	CIRCLE MOBILITY <i>Daniela Acosta</i>	ZUMBA <i>Daniela Acosta</i>
							9.00 - 10.00	Saturday 22nd August	GINNASTICA MILITARE	

SPORTFELIX

Sports Tourism Specialist

Comune di San Michele di Tagliamento

BIBIONE

70°

PREALPI SANBIAGIO

BANCA DI CREDITO COOPERATIVO - GRUPPO CASSA CENTRALE

bibione

live:)

CONSORZIO DI PROMOZIONE TURISTICA

bibione

spiaggia

bibione.com

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J U N E	Monday 29th June	OLISTIC WORKOUT <i>Cristiano Lollo</i>
	Tuesday 30th June	QI WELL <i>Cristiano Lollo</i>
J U L Y	Wednesday 1st July	MOBILITY <i>Simone Magliola</i>
	Thursday 2nd July	MOBILITY <i>Simone Magliola</i>
	Friday 3rd July	MOBILITY <i>Simone Magliola</i>

8.30 - 9.30		10.00 - 11:00
J U L Y	Monday 20th July	CIRCLE MOBILITY <i>Luca De Nigro e Lisa Mia Calvo</i> ZUMBA <i>Luca De Nigro</i>
	Tuesday 21st July	CIRCLE MOBILITY <i>Luca De Nigro e Lisa Mia Calvo</i> ZUMBA <i>Luca De Nigro</i>
	Wednesday 22nd July	CIRCLE MOBILITY <i>Luca De Nigro e Lisa Mia Calvo</i> STRONG NATION <i>Luca De Nigro</i>
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	Friday 24th July	CIRCLE MOBILITY <i>Luca De Nigro e Lisa Mia Calvo</i> ZUMBA <i>Luca De Nigro</i>

8.30 - 9.30		10.00 - 11:00
A U G U S T	Monday 10th August	CIRCLE MOBILITY <i>Lisa Mia Calvo</i> ZUMBA <i>Luca De Nigro</i>
	Tuesday 11th August	FLOW BURN EVOLUTION <i>Lisa Mia Calvo</i> ZUMBA <i>Luca De Nigro</i>
	Wednesday 12th August	CIRCLE MOBILITY <i>Lisa Mia Calvo</i> ZUMBA <i>Luca De Nigro</i>
	Thursday 13th August	CIRCLE MOBILITY <i>Lisa Mia Calvo</i> ZUMBA <i>Luca De Nigro</i>
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J U L Y	Monday 6th July	PILATES <i>Karin Pace</i>
	Tuesday 7th July	QI WELL <i>Cristiano Lollo</i>
	Wednesday 8th July	OLISTIC WORKOUT POSTURAL <i>Cristiano Lollo</i>
	Thursday 9th July	OLISTIC WORKOUT STRETCHING DEI MERIDIANI <i>Cristiano Lollo</i>
	Friday 10th July	OLISTIC WORKOUT POSTURAL <i>Cristiano Lollo</i>

J U L Y	Monday 27th July	RIEDUCAZIONE POSTURALE <i>Sara Mion</i> ZUMBA <i>Sara Mion</i>
	Tuesday 28th July	STRETCHING <i>Sara Mion</i> ZUMBA <i>Sara Mion</i>
	Wednesday 29th July	POSTURALE CON TECNICHE DI PILATES <i>Sara Mion</i> ZUMBA <i>Sara Mion</i>
	Thursday 30th July	RIEDUCAZIONE FUNZIONALE <i>Sara Mion</i> REEJAM <i>Sara Mion</i>
	Friday 31st July	RIEDUCAZIONE POSTURALE <i>Sara Mion</i> ZUMBA <i>Sara Mion</i>

A U G U S T	Monday 17th August	MOBILITY DANCE FLOW <i>Giovanni Leccese</i> ZUMBA <i>Giovanni Leccese</i>
	Tuesday 18th August	MOBILITY DANCE FLOW <i>Giovanni Leccese</i> ZUMBA <i>Giovanni Leccese</i>
	Wednesday 19th August	MOBILITY DANCE FLOW <i>Giovanni Leccese</i> ZUMBA <i>Giovanni Leccese</i>
	Thursday 20th August	MOBILITY DANCE FLOW <i>Giovanni Leccese</i> ZUMBA <i>Giovanni Leccese</i>
	Friday 21st August	MOBILITY DANCE FLOW <i>Giovanni Leccese</i> ZUMBA <i>Giovanni Leccese</i>
9.00 - 10.00	Saturday 22nd August	GINNASTICA MILITARE

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A U G U S T	Monday 3rd August	OLISTIC WORKOUT STRETCHING DEI MERIDIANI <i>Cristiano Lollo</i> BALLA&BRUCIA EVOLUTION <i>Roberto Galasso</i>
	Tuesday 4th August	OLISTIC WORKOUT POSTURAL <i>Cristiano Lollo</i> BALLA&BRUCIA EVOLUTION <i>Roberto Galasso</i>
	Wednesday 5th August	QI WELL <i>Cristiano Lollo</i> BALLA&BRUCIA EVOLUTION <i>Roberto Galasso</i>
	Thursday 6th August	OLISTIC WORKOUT STRETCHING DEI MERIDIANI <i>Cristiano Lollo</i> BALLA&BRUCIA EVOLUTION <i>Roberto Galasso</i>
	Friday 7th August	OLISTIC WORKOUT POSTURAL <i>Cristiano Lollo</i> BALLA&BRUCIA EVOLUTION <i>Roberto Galasso</i>

A U G U S T	Monday 24th August	CIRCLE MOBILITY <i>Daniela Acosta</i> ZUMBA <i>Daniela Acosta</i>
	Tuesday 25th August	OLISTIC WORKOUT POSTURAL <i>Cristiano Lollo</i> ZUMBA <i>Daniela Acosta</i>
	Wednesday 26th August	CIRCLE MOBILITY <i>Daniela Acosta</i> STRONG NATION <i>Daniela Acosta</i>
	Thursday 27th August	OLISTIC WORKOUT POSTURAL <i>Cristiano Lollo</i> BeActive Inclusivo
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