

Il progetto Project



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/.

All information on the website 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 Cristiano Lollo		ZUMBA Luca De Nigro	AUGUST	Monday 10th August	PILATES Eduardo Da Silva	REVOLUTION SAMBAFIT Eduardo Da Silva	
	Tuesday 30th June	QI WELL Cristiano Lollo		ZUMBA Luca De Nigro		Tuesday 11th August	POSTURAL Eduardo Da Silva	REVOLUTION SAMBAFIT Eduardo Da Silva	
JULY	Wednesday 1st July	MOBILITY Simone Magliola	JULY	Wednesday 22nd July	CIRCLE MOBILITY Luca De Nigro e Lisa Mia Calvo	Wednesday 12th August	PILATES Eduardo Da Silva	REVOLUTION SAMBAFIT Eduardo Da Silva	
	Thursday 2nd July	MOBILITY Simone Magliola		Thursday 23rd July	CIRCLE MOBILITY Luca De Nigro e Lisa Mia Calvo	Thursday 13th August	POSTURAL Eduardo Da Silva	REVOLUTION SAMBAFIT Eduardo Da Silva	
	Friday 3rd July	MOBILITY Simone Magliola		Friday 24th July	CIRCLE MOBILITY Luca De Nigro e Lisa Mia Calvo	Friday 14th August	PILATES Eduardo Da Silva	REVOLUTION SAMBAFIT Eduardo Da Silva	
JULY	Monday 6th July	PILATES Karin Pace	JULY	Monday 27th July	RIEDUCAZIONE POSTURALE Sara Mion	AUGUST	Monday 17th August	MOBILITY DANCE FLOW Giovanni Leccese	ZUMBA Giovanni Leccese
	Tuesday 7th July	QI WELL Cristiano Lollo		Tuesday 28th July	STRETCHING Sara Mion		Tuesday 18th August	MOBILITY DANCE FLOW Giovanni Leccese	ZUMBA Giovanni Leccese
	Wednesday 8th July	OLISTIC WORKOUT POSTURAL Cristiano Lollo		Wednesday 29th July	POSTURALE CON TECNICHE DI PILATES Sara Mion		Wednesday 19th August	MOBILITY DANCE FLOW Giovanni Leccese	ZUMBA Giovanni Leccese
	Thursday 9th July	OLISTIC WORKOUT STRETCHING DEI MERIDIANI Cristiano Lollo		Thursday 30th July	RIEDUCAZIONE FUNZIONALE Sara Mion		Thursday 20th August	MOBILITY DANCE FLOW Giovanni Leccese	ZUMBA Giovanni Leccese
	Friday 10th July	OLISTIC WORKOUT POSTURAL Cristiano Lollo		Friday 31st July	RIEDUCAZIONE POSTURALE Sara Mion		Friday 21st August	MOBILITY DANCE FLOW Giovanni Leccese	ZUMBA Giovanni Leccese
JULY	Monday 13th July	YOGA Cecilia Migliosi	AUGUST	Monday 3rd August	OLISTIC WORKOUT STRETCHING DEI MERIDIANI Cristiano Lollo	AUGUST	Monday 24th August	CIRCLE MOBILITY Daniela Acosta	ZUMBA Daniela Acosta
	Tuesday 14th July	OLISTIC WORKOUT Cristiano Lollo		Tuesday 4th August	OLISTIC WORKOUT POSTURAL Cristiano Lollo		Tuesday 25th August	OLISTIC WORKOUT POSTURAL Cristiano Lollo	ZUMBA Daniela Acosta
	Wednesday 15th July	STRETCH FOR STRENGTH Alessandro Muò		Wednesday 5th August	QI WELL Cristiano Lollo		Wednesday 26th August	CIRCLE MOBILITY Daniela Acosta	STRONG NATION Daniela Acosta
	Thursday 16th July	QI WELL Cristiano Lollo		Thursday 6th August	OLISTIC WORKOUT STRETCHING DEI MERIDIANI Cristiano Lollo		Thursday 27th August	OLISTIC WORKOUT POSTURAL Cristiano Lollo	ZUMBA Daniela Acosta
	Friday 17th July	POSTURAL FUSION Cecilia Migliosi		Friday 7th August	OLISTIC WORKOUT POSTURAL Cristiano Lollo		Friday 28th August	CIRCLE MOBILITY Daniela Acosta	ZUMBA Daniela Acosta