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12th of April - 4/2018

BULLETIN

FISAF International MAIN OFFICE:
Ohradské nám. 7a/1628, 155 00 Praha 5 – Stodůlky, Czech Republic
www.fisafinternational.com, email: info@fisafinternational.com

FISAF International European Sports Aerobics & Fitness Championships 2018 in Karlovy Vary, 24 – 26 of May



Accommodation and meals in Spa Hotel Thermal, Karlovy Vary:

All the reservations must be send directly by email to:

reservation@thermal.cz with a subject of email FISAF2018.

Price of single room is 2452 CZK/98 EUR and 3555 CZK/142 EUR for double room.

Lunch and dinner for 280 CZK/11 EUR can be purchased in the hotel restaurant.

1A AEROBIC SHOES is our partner for 2018 – 2020



EXCLUSIVE TO 1A AEROBIC SHOES

1A AEROBIC AND CHEERLEADING SHOES

*The choice of champions
The VO2 MAX Aerobic Shoes*

Fully sanctioned by FISAF International
and worn by 6 times world champion
Allira Bull

*There is No Limit to your sport aerobics
in the VO2 MAX Aerobic Shoes*

Dene P 0417 757 953 Angie P 0402 668 993 sales@1aerobicshoes.com.au
www.1aerobicshoes.com.au

To all the athletes attending the European Championship we wish you all the very best of luck in your events and to tell you that there will be a complete sizing kit of the VO2 Max FISAF Aerobics Shoes at the championship for you to try on the shoes.

If you require any information regarding the shoe sizing kit, please contact FISAF International Main Office: info@fisafinternational.com

Special workshops during Europeans 2018 in Karlovy Vary



Special workshop during Europeans 2018 in Karlovy Vary

Understanding and Increasing Variety and Complexity in Fitness Aerobic Teams Routines

Led by Jana Hájková and Bětko Budinská from Czech Republic

Thursday 24th of May from 20.00 – 21.30

This workshop will give a theoretical evaluation and understanding of the principles of Variety and Complexity as related to Fitness Aerobic Teams. This will be followed by practical examples of how to incorporate variety and complexity of the arms, legs, body and head.

Cost: 10 EUR per person (need to be booked before 4th of May)

Book you place on: info@fisafinternational.com



Friday 25th of May from 19.00 – 21.00

Congress Hall – 1st floor of Spa Hotel Thermal

Get ready for Worlds!

**A unique workshop that will make you improve your routine's criterias
to go for the Gold. Basic tips to become a Champion.**

Workshop led by

Jonatan Canada

&

Brenton Andreoli

20 times World Aerobic Champion

6 times FISAF World Aerobic Champion

3 times FISAF World Aerobic Champion

1 times FISAF European Champion

3 times FISAF European Champion

Previously coached in the Czech Republic

Aerobics Gymnastics Ambassador 2018

FISAF Australia Judge

FISAF International Judge

Cost: 20 EUR per person (you need to book your place before 4th of May)

Book you place on: info@fisafinternational.com