



29.30.31 JANUARY 2026



DUBAI

AQUAFITNESS WORLD

THURSDAY 29 JANUARY 2026

POOL

09H00 **HIP HOP AQUA**

JUNGHOON KIM

09H40 **WATER PROGRESSIVE**

KOSTANTINOS KAVOURAS

10H20 **AQUARUNNING**

MARIANO SOLIER

11H00 **LONGEVITY CARDIO**

PETO CSILLA

11H40 **BOXING TIME**

(COMBAT GLOVES)

MARTINA MAISTO

12H20 **AQUAGYM**

THOMAS BARRAL

13H00 **IDROX METHOD 25**

VIVIANA VENTICINQUE

13H40 **AQUA POWER BANDS**

(RESISTANCE BANDS)

ANDA ZOMERFELDE

14H20 **SUPERAQUA**

FRANCISCO ESTEVÃO

15H00 **MUSCLE CONDITIONING
DANCE**

(HAPPY FLOWER)

KENICHI TAMURA

CONFERENCE ROOM

WITH MASTER TRAINER

09H00 to 10H30

SKILLS TOP TRAINER

ANA RITA MISCIGLIA

11H00 to 12H30

MOVES OF SHALLOW WATER

DANIELA DE TOIA

13H00 to 14H30

MOVES DEEP WATER

EKATERINA KHAPKOVA



DUBAI

AQUAFITNESS WORLD

FRIDAY 30 JANUARY 2026

POOL

09H00 HYDROSTRONG

DANIELA SALAZAR

09H40 BALANCE IN 3/4 TIME

DANIELA DE TOIA

CONFERENCE ROOM

WITH MASTER TRAINER

09H00 to 10H30

PLAY WITH MUSIC

FRANCISCO ESTEVÃO

11H00 to 12H30

CIRCUIT TRAINING

KOSTANTINOS KAVOURAS

13H00 to 14H30

METHOD TRAINING

MARTINA MAISTO

10H20 HAND BARS

EKATERINA KHAPKOVA

11H00 AQUA3STRIKE

VIKKI JONIED

11H40 HELLO WORLD

IRINA OMAROVA

12H20 AQUA STRICT FORCE

FAEGHEH POUDARI

13H00 SEASON DANCE

ILZE LIVINCOVA

13H40 L POSITON

(NOODLE WORKOUT)

ANA RITA MISCIGLIA

14H20 AQUAPILATES

MARIANO SOLIER



ALL TOGETHER
performing
AQUAFITNESS



DUBAI AQUAFITNESS WORLD

DUBAI

AQUAFITNESS WORLD

SATURDAY 31 JANUARY 2026

POOL

09H00 YOHILATES

DANIELA DE TOIA

09H40 BODYTONE

(WAVE BELLS)

ANA RITA MISCIGLIA

CONFERENCE ROOM

WITH MASTER TRAINER

09H00 to 10H30

AQUA EMOTION

VIVIANA VENTICINQUE

11H00 to 12H30

BENEFITS OF
TRAINING IN WATER

DANIELA SALAZAR

13H00 to 14H30

UPTIVO

"AQUA REVOLUTION
TECHNOLOGY"

AQUATIX TEAM

10H20 CARDIO & STRENGTH

KIM JUNG EUN

11H00 POWER INTERVALS

EKATERINA KHAPKOVA

11H40 PHA

MARTINA MAISTO

12H20 NANJYA KANJYA AQUA

YUKARI OYAMA

13H00 BOLLYWOOD FLOW

(VIKKY & ANDREA)

13H40 AQUA CONTEST

FRANCISCO ESTEVÃO





DUBAI

AQUAFITNESS WORLD

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ANA RITA MISCIGLIA
ANDA ZOMERFELDE
ANDREA VELASQUEZ
DANIELA DE TOIA
DANIELA SALAZAR
EKATERINA KHAPKOVA
FAEGHEH POUDARI
FRANCISCO ESTEVÃO
ILZE LIVINCOVA
IRINA OMAROVA
JUNGHOON KIM
KENICHI TAMURA
KOSTANTINOS KAVOURAS
MARIANO SOLIER
MARTINA MAISTO
PETO CSILLA
THOMAS BARRAL
VIKKI JONIED
VIVIANA VENTICINQUE



DUBAI

AQUAFITNESS WORLD

29.30.31 JANUARY 2026

TIME GRAND PLAZA HOTEL

COST:

ALL INCLUSIVE PACK

4 NIGHTS IN TIME GRAND PLAZA

MEALS: BREAKFAST AND LUNCH INCLUDED
AND **CONFERENCE**

PACK1 > 10 OCTOBER TO 31 OCTOBER: 550 EUROS

PACK2 > 1 NOVEMBER TO 30 NOVEMBER: 650 EUROS

PACK3 > 1 DECEMBER: 750 EUROS

INSCRIPTIONS **WWW.I-A-A.ORG**



DUBAI

AQUAFITNESS WORLD

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ΣΕ ΘΕΛΩ ΜΕ ΤΗΝ

ΟΜΑΔΑ ΤΗΣ ΕΛΛΑΔΑΣ

DUBAI

AQUAFITNESS WORLD

29.30.31 JANUARY 2026



**COME WITH THE
NORWAY TEAM**

DUBAI

AQUAFITNESS WORLD

29.30.31 JANUARY 2026



BE PART

OF SINGAPORE TEAM

DUBAI

AQUAFITNESS WORLD

29.30.31 JANUARY 2026



COME WITH
SUNCLUB
SICILIA TEAM

DUBAI

AQUAFITNESS WORLD

29.30.31 JANUARY 2026



**VEM COM A EQUIPA
PORTUGUESA**

DUBAI

AQUAFITNESS WORLD

29.30.31 JANUARY 2026



나는 당신이 한국팀과

함께하길 원합니다

DUBAI

AQUAFITNESS WORLD

29.30.31 JANUARY 2026



Стань частью

команды из

России

DUBAI

AQUAFITNESS WORLD

29.30.31 JANUARY 2026



**ICH WILL DICH IM
DEUTSCHEN TEAM**



DUBAI

AQUAFITNESS WORLD

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**TI VOGLIO CON
LA SQUADRA ITALIA**



DUBAI

AQUAFITNESS WORLD

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日本のレッスンに絶対参加してね！！

DUBAI

AQUAFITNESS WORLD

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**TI VOGLIO CON
LA SQUADRA ITALIA**





DUBAI

AQUAFITNESS WORLD

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**COME WITH THE
LATVIAN TEAM**

DUBAI

AQUAFITNESS WORLD

29.30.31 JANUARY 2026



나는 당신이 한국팀과
함께하길 원합니다



DUBAI

AQUAFITNESS WORLD

29.30.31 JANUARY 2026



COME WITH HUNGARIAN TEAM

DUBAI

AQUAFITNESS WORLD

29.30.31 JANUARY 2026



**BE PART
OF UAE TEAM**

DUBAI

AQUAFITNESS WORLD

29.30.31 JANUARY 2026



VEN CON MI EQUIPO