

start	finish	RILA MAIN STAGE	RILA STAGE 2
<b>15.XI - ПЕТЪК, FRIDAY</b>			
<b>ЛЕГЕНДА:</b> <b>ЧЕРЕН ЦВЯТ</b> - без регистрация <b>ЗЕЛЕН ЦВЯТ</b> - с предварителна регистрация / with registration: <a href="http://ifcb.eu/shop/">http://ifcb.eu/shop/</a> <b>ЧЕРВЕН ЦВЯТ</b> - класът е пълен / Sold out		<b>Регистрация за класове с оборудване ТУК - REGISTER HERE FOR EQUIPMENT CLASSES ONLY</b>	
<b>9:00</b>	17:00		<b>STEEL COMBAT - обучение за нови инструктори</b>
<b>15:20</b>	15:30	<b>OPENING - ОТКРИВАНЕ</b>	
<b>15:30</b>	16:30	<b>YOGA</b> Yuriy Nikolaev - Bulgaria	
<b>16:35</b>	17:15	<b>BODY STRONG</b> Rossen Dimitrov - Bulgaria	
<b>17:20</b>	17:55	<b>DANCELO</b> Bistra Georgieva, Kalin Petkov and team Bulgaria	<b>SPINNING 1</b> Rusanka Nikolova - Bulgaria
<b>18:00</b>	18:40	<b>FUNCTIONAL VIBES</b> Omer Rosenberg – Israel	<b>SPINNING 2</b> Rossen Dimitrov - Bulgaria
<b>18:45</b>	19:25	<b>Burn N Bass by FIGHT KLUB</b> TEAM : Troy Dureh - UK & Adrian Borozan – Romania	
<b>19:30</b>	20:10	<b>KANGOO JUMPS 1</b> TEAM 1 Vasilena Popova-Radichkova & Nina Trendafilova	
<b>19:30</b>	21:30	Вечеря / Dinner	
<b>21:30</b>	0:00	<b>ВЕЧЕР НА ТАЛАНТА + WELCOME PARTY + DJ</b> Petrakis	
<b>16.XI - СЪБОТА, SATURDAY</b>			
<b>9:00</b>	9:55	<b>YOGA</b> Yuriy Nikolaev - Bulgaria	<b>SPINNING 3</b> Rossen Dimitrov - Bulgaria
<b>10:00</b>	10:40	<b>FUNCTIONAL SHAPE</b> Cristina Androne – Romania	<b>9:45 - SPINNING 4</b> Rusanka Nikolova - Bulgaria
<b>10:45</b>	11:20	<b>BURN</b> Kalin Petkov & team Bulgaria	
<b>10:45</b>	16:30	<b>СЪСТЕЗАНИЕ</b> <b>LOW FAT % WINNER</b> награждаване 17:00ч.	<b>fit&amp;Shape</b>
<b>11:25</b>	12:05	<b>KICKBOXING MANIA</b> Omer Rosenberg – Israel	
<b>12:10</b>	12:50	<b>STRETCH &amp; TONE</b> Bianca Marcarov – Romania	
<b>12:55</b>	13:35	<b>TABATA ATHLETIC</b> Boriana Stoilova – Bulgaria	<b>FIGHT KLUB 1</b> Adrian Borozan - Romania
<b>13:40</b>	14:20	<b>PILATES</b> Hrsitina Popova – Bulgaria	<b>FIGHT KLUB 2</b> Troy Dureh - UK
<b>14:25</b>	15:05	<b>STRONG by ZUMBA</b> Manoel Manolov and team Bulgaria	
<b>15:10</b>	15:50	<b>KANGOO JUMPS 2</b> Junior Vick - Brasil	<b>WORKSHOP с FIT &amp; SHAPE</b> <a href="#">Протеинови десерти? Ползи, видове и начин на употреба - Цветелин Стефанов</a>
<b>15:55</b>	16:35	<b>FUNCTIONAL BODY</b> Stefano Crocetta - Italy	
<b>16:40</b>	17:10	<b>STRONG BODY - COMPETITION - СИЛНО ТЯЛО 8</b> <b>СЪСТЕЗАНИЕ // жени - планк // мъже - лицева опора //</b> <b>НАГРАЖДАВАНЕ</b>	<b>fit&amp;Shape</b>

start	finish	RILA MAIN STAGE	RILA STAGE 2
17:15	17:55	<b>STEEL COMBAT</b> Fernando Gorini & Team Bulgaria	
18:00	18:40	<b>AERODANCE</b> Stefano Crocetta - Italy	
18:45	19:25	<b>Michael Jackson</b> Troy Dureh - UK	
19:30		<b>ZUMBA</b> TEAM BULGARIA iFCB 15	
19:30	21:30	Вечеря / Dinner	
21:30	0:00	<b>PARTY iFCB 15</b> <b>21:30 - KANGOO JUMPS - SHOW TEAMS</b> <b>COMPETITION</b> >>> Dj Petrakis	
<b>17.XI - НЕДЕЛЯ, SUNDAY</b>			
8:05	8:45	<b>YOGA FUSION FLOW</b> Bianca Marcarov – Romania	
8:50	9:30	<b>PILATES FLOWING</b> Stefano Crocetta - Italy	<b>9:00 - SPINNING 5</b> Rossen Dimitrov - Bulgaria
9:35	10:05	<b>AERODANCE</b> Cristina Androne – Romania	<b>9:45 - SPINNING 6</b> Rusanka Nikolova - Bulgaria
9:35	10:05	<b>AQUA ZUMBA - басейн - swimming pool</b> Dian Furchev - Bulgaria	
10:10	10:50	<b>ZUMBA</b> JUNIOR VICK - Brasil	<b>FIGHT KLUB 3</b> Troy Dureh - UK
10:55	11:35	<b>STEEL TONIC</b> Fernando Gorini and Team Bulgaria	
11:40	12:30	<b>KANGOO JUMPS 3</b> Cristina Androne - RO & Rossen Dimitrov - BG	
12:30		<b>ТОМБОЛА</b> <b>FREE PASS - iFCB 16</b> <b>ЗАКРИВАНЕ</b> подготовка за iFCB 16 - 2020	<b>Регистрация за класове с</b> <b>оборудване ТУК - REGISTER HERE</b> <b>FOR EQUIPMENT CLASSES ONLY</b>