

## **PORTO on1**

### **SAMEDI WORKSHOPS**

**11.00-12.00h** - Julia Quesada - stretching  
**12.00-13.00h** - Adrian Rodriguez Carbajal  
**13.00-14.00h** - Anita Santos Rubin

### **DIMANCHE WORKSHOPS**

**11.00-12.00h** - Julia Quesada - stretching  
**12.00-13.00h** - SuperMario  
**13.00-14.00h** - Conny & Dado  
**14.00-15.00h** - Adrian Rodriguez Carbajal

## **MAMBO**

### **SAMEDI WORKSHOPS**

**11.00-12.00h** - Julia Quesada - stretching  
**12.00-13.00h** - Adolfo Indacochea

### **DIMANCHE WORKSHOPS**

**11.00-12.00h** - Julia Quesada - stretching  
**12.00-13.00h** - Tania Cannarsa  
**13.00-14.00h** - Ernesto & Denisse

## **CUBAINE**

### **SAMEDI WORKSHOPS**

**11.00-12.00h** - Julia Quesada - stretching  
**12.00-13.00h** - Maykel Fonts  
**13.00-14.00h** - Leo & Laine  
**14.00-15.00h** - Katerina Mik

### **DIMANCHE WORKSHOPS**

**11.00-12.00h** - Julia Quesada - stretching  
**12.00-13.00h** - Leo & Laine  
**13.00-14.00h** - Alain & Katerina  
**14.00-15.00h** - Nikola Medic

## **MOVEMENT**

### **SAMEDI WORKSHOPS**

**11.00-12.00h** - Julia Quesada - Streching  
**12.00-13.00h** - Osmani Segura

### **DIMANCHE WORKSHOPS**

**11.00-12.00h** - Julia Quesada - Streching  
**12.00-13.00h** - Nina & Zerjon  
**14.00-15.00h** - Julia Quesada

## **BACHATA**

### **SAMEDI WORKSHOP**

**11.00-12.00h** - Julia Quesada - stretching  
**12.00-13.00h** - Silvia  
**13.00-14.00h** - Azael & Sindi

### **DIMANCHE WORKSHOPS**

**11.00-12.00h** - Julia Quesada - stretching  
**12.00-13.00h** - Angela Mariano  
**13.00-14.00h** - Gaby & Estefy  
**14.00-15.00h** - Junior & Carolina

## **KIZOMBA**

### **SAMEDI WORKSHOPS**

**11.00-12.00h** - Nuno & Nagyla  
**12.00-13.00h** - Ricardo & Paula  
**13.00-14.00h** - Albir Rojas  
**14.00-15.00h** - Isabelle & Felicien

### **DIMANCHE WORKSHOPS**

**11.00-12.00h** - Isabelle & Felicien  
**12.00-13.00h** - Joao & Giedre  
**13.00-14.00h** - Nemanja Sonero