

PortDeBras®

January

28-29 PortDeBras Parterre fitnesseducation@hotmail.com

February

4-5 Kiev, PortDeBras Introduction уровень 1 spavlyuk@planetfitness.com.ua

4-5 Москва, PortdeBras Basic уровень 1 fitnesseducation@hotmail.com

11-12 Yekaterinburg PortDeBras Basic stefany@bk.ru

18-19 Сургут PortDeBras Introduction / parterre уровень 1 94140@bk.ru

25 Тверь PortDeBras UpDate parterre portdebrasru@mail.ru

25-26 Москва, Wellness Weekend fitnesseducation@hotmail.com

March

3-4 Cyprus PortDeBras Introduction cgabriel2008@hotmail.com

3-4 Москва, PortDeBras Intermediate уровень 2 fitnesseducation@hotmail.com

10-11 Greece International convention, PortDeBras workshop cgabriel2008@hotmail.com

16-18 Владивосток www.lapir.ru PortDeBras Exersize уровень 4

22-23 Hungary, Budapest, PortDeBras Exersize level 4, PDB Update

31-1 Москва, World Gym Fitness Fest, international convention