

B.O.M. Events Sportfestival Week Mallorca 05.-12.09. 2010



BIKETEAM

Montag/Monday 06.09.10

Time	Area 1	Area 2	Studio	Pool ...
07:45-08:30				
Beach				
09:15-10:15	Welcome Class Event-T-Shirts			
10:30-11:30	Aero Dance Carol & Jose A	Healthy Back Yoga Sabine A		
11:45-12:45	Crazy Step Jose M	Functional Intensity Training Balasz A		Aqua Mix Sandra
14:00-15:00	Zumba Fit Traudi A			
15:15-16:15	HOT IRON™ 1 Danny & Balasz A	FitBox Workout Bechir A	Workshop House	
16:30-17:30	Step light Bechir A	Pilates Traudi A	Moves Jose	Nordic Walking Sandra A
17:45-18:45	Latinissimo Carol M	Sundown Stretch Traudi 30 Min A		

Dienstag/Tuesday 07.09.10

Time	Area 1	Area 2	Studio	Pool...
07:45-08:30	Wake Up Yoga Traudi A			
09:15-10:15	HOT IRON™ 2 Danny M	Strenght & Flexibility Balasz A	Workshop Latin	
10:30-11:30	Step Cross Phras Carol M-F	Creativetoning Sabine A	House Jose	
11:45-12:45	Aerokick Fit Bechir A			Aqua Dance Sandra
14:00-15:00	3/4 Step Traudi A			Crosstrain Balasz
15:15-16:15	Salsafitness Sabine A	Back & Abdominal Bechir A	Workshop Step Cross	
16:30-17:30	Dance Aerobic Jose M	Hatha Yoga Traudi A	Phrasing Carol	
17:45-18:45	MEDICAL IRON™ Danny A	BodyArt Stretch Sandra 45 Min A		

Mittwoch/Wednesday 08.09.10

Time	Area 1	Area 2	Studio	Pool...
07:45-08:30	Yoga & Meditation Traudi A			
09:15-10:15	IRON CROSS™ Danny M	Workout Spain St. Carol A		
10:30-11:30	Dance Reggae Jose M	Power Yoga Sabine A		
11:45-12:45	Aero Energy Carol M			Aqua BBP Sandra
14:00-15:00	Freestyle Dance Bechir A			
15:15-16:15	Step Explosion Balasz M-F	Bodystyling Bechir A		
16:30-17:30	Step Dancation Danny M	Healthy Back Sandra A		
17:45-18:45	Dance Emotions Balasz M	Chi Yoga Stretch Traudi 45 Min A		

Donnerstag/Thursday 09.09.10

Time	Area 1	Area 2	Studio	Pool ...
07:45-08:30	Strength & Flexibility Balasz A			
09:15-10:15	HOT IRON™ 2 Danny M	BodyArt Marcus A	Workshop Aerobic	
10:30-11:30	Capoeira Fit Marcus A	VINYASA Power Yoga Karo A	Creative Carol	
11:45-12:45	Reggaeton Sabine A			Aqua Box Sandra
14:00-15:00	MEDICAL IRON™ Danny A			Crosstrain Balasz
15:15-16:15	Step Energy Carol M-F	Pilates Traudi A		
16:30-17:30	Bachata Fitness Sabine A	VINYASA Flow Yoga Karo A		Nordic Walking Sandra A
17:45-18:45	Moving Styles Carol A	Dynamic Stretch Traudi 45 Min A		

Freitag/Friday 10.09.10

Time	Area 1	Area 2	Studio	Pool ...
07:45-08:30	Wake Up Yoga Karo A			
09:15-10:15	Schweppe Beatz Marcus A	Functional Intensity Training Balasz A		
10:30-11:30	IRON CROSS™ Danny & Balasz M	Power Yoga Sabine M	Workshop Schweppe	
11:45-12:45	Bollywood Traudi A	Move & Tone Bechir A	Beatz Basic Marcus	Aqua Work Sandra
14:00-15:00	Surprise :-) M			
15:15-16:15	Dynamic Step Carol M-F	Pilates Traudi A		
16:30-17:30	Dance Fusion Danny A	Yoga Stretch&Relax Karo A		
17:45-18:45	Final Disco Fever Marcus/Team A			

Samstag/Saturday 11.09.10

Time	Studio	Pool+Studio2	Other
EXTRAS 2010			
			05.-10.09. Körperlich und mental stärker im Alltag durch gesunde Ernährung und effektives Training inkl. 2 Crosstraining Personalcoaching & Metabolic Typing Balasz 150 EUR
10:00-14:00	VINYASA Power Yoga Karo 49 EUR	10:00-16:00 SPECIAL Aqua Workshop Sandra 49 EUR	

A = für alle, auch Anfänger/for all, also beginner M = Mittelstufe/intermediate
 F = Fortgeschrittene/advanced HOT IRON = Langhanteltraining
 Workshop je/each 23 Euro, Teilnehmerzahl begrenzt/ attendance limited
 Info B.O.M. Events Office Mallorca: Mehr Aktivitäten/more activities,
 Radtouren/Biketrips (2/Tag/day), Parties, White-Night-Party, Pool Nights
 Welcome Cocktail 05.09. 18:30
 Änderungen vorbehalten/Subject to modifications 03/10