

B.O.M.-Events Sportfestival EXTRA 2009

# 5 Tage/days Salsa-Festival Cubana

mit/with Vilson Mendonca (BR/CH), Alexis Borrero (C/D) & Sabine Wlodek, 07.-11. September 2009, Mallorca

	Mo/Mo 07.09.09	Di/Tu 08.09.09	Mi/We 09.09.09	Do/Th 10.09.09	Fr/Fr 11.09.09
09:15-10:15		Salsa Rueda pt. 1 <i>Vilson</i>	Salsa Partnerwork <i>Alexis</i>	Salsa Rueda pt. 2 <i>Vilson</i>	Salsa Partnerwork <i>Alexis</i>
10:30-11:30		Rumba Cubana <i>Alexis</i>	Bachata Partnerwork <i>Vilson</i>	Bodymovements <i>Alexis</i>	Bachata Partnerwork <i>Vilson</i>
11:45-12:45	Bachata <i>Vilson</i>	ChaChaCha Step-Variations <i>Vilson</i>	Afro <i>Alexis</i>	ChaChaCha Partnerwork <i>Vilson</i>	Rumba <i>Alexis</i>
14:00-15:00			Salsa Einsteiger/beginners pt. 2 <i>Sabine</i>		
15:00-16:00	Salsa Partnerwork <i>Alexis</i>	Salsa Partnerwork <i>Alexis</i>		Salsa Partnerwork <i>Alexis</i>	Salsa Rueda pt. 3 <i>Vilson</i>
16:15-17:15	Bodymovements + Step Variations <i>Vilson</i>	Salsa Einsteiger/beginners pt. 1 <i>Sabine</i>		Salsa Einsteiger/beginners pt. 3 <i>Sabine</i>	
17:30-18:00					

Die Plätze sind begrenzt, deshalb bitte unverbindlich anmelden / as the places are limited, please sign up unsealed  
 A: für alle/for all – R: Rueda-Grundlagen erforderlich/basic conditions for Rueda necessary – F: Fortgeschrittene/advanced

Änderungen vorbehalten / subject to modifications 04/09



summer, beach, sport & fun... be on move...

# B.O.M. Events Sportfestival 2009 Mallorca Sep 6.-13., 2009

Aerobic, wellness & dance convention  
 Mallorca bike programm  
 Triathlon beginners training  
 EXTRA 2009: Salsa Festival Cubana



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	Montag/Monday 07.09.09				Dienstag/Tuesday 08.09.09				Mittwoch/Wednesday 09.09.09				Donnerstag/Thursday 10.09.09				Freitag/Friday 11.09.09			
Time	Area 1	Area 2	Studio	Pool	Area 1	Area 2	Studio	Pool	Area 1	Area 2	Studio	Pool	Area 1	Area 2	Studio	Pool	Area 1	Area 2	Studio	Pool
08:00-08:45 Beach					Dynamic Qi Gong <i>Hans</i>				Zen Gym <i>Hans</i>				Dynamic Qi Gong <i>Hans</i>				Meditation <i>Traudi</i>			
09:15-10:15	Welcome Class with Event-T-Shirts				Symmetrical Dance <i>Marcus</i>	Pilates <i>Traudi</i>		Nordic Walking <i>Sandra</i>	Capoeira Fit <i>Marcus</i>	Yoga sensitiv <i>Traudi</i>			Good Vibration <i>Balász</i>	Body Art <i>Sabine</i>			Step 4 Fun <i>Steffi</i>	Strength & Flexibility <i>Balász</i>		
10:30-11:30	Dance Reggae <i>José</i>	Healthy Back <i>Steffi</i>			Step Crazy <i>Steffi</i>	Toning <i>Ilan</i>	Workshop Dance Reggae <i>José</i>		Step Choreo <i>Dirk</i>	¾ Wellness Workout <i>Steffi</i>	Workshop Dance Aerobic <i>Balász</i>		Step Spain <i>Carol</i>	Pilates <i>Traudi</i>	Workshop R'n'B <i>Dimos</i>		Step Cross Phras. <i>Carol</i>	Calorie-burner <i>Dirk</i>	Workshop House Moves <i>José</i>	
11:45-12:45	Step Dance <i>Ilan</i>	BodyArt <i>Marcus</i>		Aqua Fire <i>Hans</i>	Bollywood <i>Traudi</i>	Kids <i>Sabrina</i>		Aqua Jogging <i>Hans</i>	Ragga <i>Dimos</i>	io Ball / BodyArt <i>Marcus</i>		Aqua Boxing <i>Hans</i>	Step Basic <i>Dirk</i>	Kids <i>Sabrina</i>		Aqua Workout <i>Sandra</i>	Jazz Funk <i>Dimos</i>	Healthy Back Pilates <i>Traudi</i>		Aqua Choreo <i>Sandra</i>
15:00-16:00	Dance Step <i>Dimos</i>	Body Workout <i>Ilan</i>			House Moves <i>José</i>	Bodystyling <i>Dirk</i>	Workshop Schweppy Beatz <i>Marcus</i>		Hip Hop Jam Beginner <i>José</i>	Healthy Back <i>Traudi</i>			Magic Step <i>Balász</i>	Caribbean Toning <i>José</i>	14:00 Workshop Salsa Fitn. <i>Sabine</i>		Stripdance <i>Carol</i>	Yoga & Relax <i>Sabine</i>	14:00 Workshop Step <i>Balász</i>	
16:15-17:15	Schweppy Beatz <i>Marcus</i>	Pilates Beginner <i>Traudi</i>	Workshop Selfde-fense / Selbstver-teidigung <i>Hans</i>		Dance Aerobic <i>Dimos</i>	Vinyasa Yoga <i>Hans</i>		JB Just Dance <i>Balász &amp; Jose</i>	Tums, bums, thighs / BBP <i>Dimos</i>	Workshop Vinyasa Flow Yoga <i>Hans</i>	JC Dance <i>José &amp; Carol</i>	Chi Yoga <i>Traudi</i>	Nordic Walking <i>Sandra</i>	Dance Party <i>all Presenters</i>						
17:30-18:00	Stretch <i>Marcus</i>				Stretch <i>Dimos</i>				Stretch <i>Balász &amp; Jose</i>				Stretch <i>José &amp; Carol</i>				Stretch <i>all Presenters</i>			



...BE ON MOVE

A = für alle, auch Anfänger/for all, also beginner  
 M = Mittelstufe/intermediate  
 F = Fortgeschrittene/advanced  
 Workshop je/each 23 Euro, Teilnehmerzahl begrenzt/attendance limited

**Presenter-Team 2009:**  
 Balász Füzessy, Marcus Schweppe, Dimos Ketsentzis, José Martinez, Hans Figueroa, Carol López, Sabine Wlodek, Traudi Pich, Ilan Dedemoglu, Steffi Selz, Dirk Müller, Stefan Schubart, Anette Geier, Peter Geier, Sandra Leser, Sabrina Hofbauer

**Infos B.O.M. Office Mallorca:**  
 Mehr Aktivitäten/more activities, welcome cocktail & parties, Radtouren/biketrips (2/Tag/day), Triathlontraining, Dancing, Ausflüge/excursions ...

**info & booking:** www.bomevents.com  
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