

Kursplan / Programme BOM Events Sportfestival 2017

Montag / Monday 4.9.17			Dienstag / Tuesday 5.9.17		
Area 1	Area 2	Studio, Pool ...	Area 1	Area 2	Studio, Pool ...
07:00-07:45					Sunrise Meditation <i>Sandra Beach</i>
09:15-10:15	Welcome with Event-T-Shirts		Step <i>Alex</i>	Latino Aerobic <i>José</i>	
10:30-11:30	Step Symmetric <i>Alex</i>	Moving Styles <i>Javier+Joel</i>	House Dance <i>Per</i>	Inside Yoga <i>Hie Kim</i>	
11:45-12:45	Dance 4 All <i>José</i>	Shadowboxer Performance® <i>Michael</i>	Aqua ZUMBA® <i>Sandra Pool</i>	Step Party <i>José</i>	Drums Alive® Around the World <i>Michael</i>
15:30-16:30	Step <i>Per</i>	Fun Tone® basic <i>José</i>	Ice Ice Baby <i>Per</i>	Fun Tone® intensiv <i>José</i>	
16:45-17:55 incl. Stretch	HOT IRON™ I <i>Danny</i>	Yoga 4 All <i>Hie Kim</i>	Step Dance <i>Alex</i>	Yoga Space & Time <i>Hie Kim</i>	Walking Tour <i>Sandra</i> 16:30-17:45
18:00-18:20					Aqua Yoga <i>Sandra</i> Pool – 20 Min.

Änderungen und Irrtümer vorbehalten / Right to changes and errors reserved, Stand / as of: 08/17

Mittwoch / Wednesday 6.9.17			Donnerstag / Thursday 7.9.17		
Area 1	Area 2	Studio, Pool ...	Area 1	Area 2	Studio, Pool ...
07:00-07:45		Beach Yoga <i>Hie Kim</i> <i>Beach</i>			Beach Yoga <i>Hie Kim</i> <i>Beach</i>
09:15-10:15	Soul Dance <i>Danny</i>	Inside Flow Yoga <i>Hie Kim</i>	Your Stage <i>Danny</i>	Yin Yoga Fire <i>Sandra</i>	
10:30-11:30	Spanish Step <i>Javier</i>	KamiBo® 2.0 <i>Michael</i>	Step <i>Carlos</i>	KamiBo® <i>Michael</i>	
11:45-12:45	Surprise <i>Per+Alex</i>	POUND® <i>Pia</i>	Aqua Box <i>Joel</i> <i>Pool</i>	Spanish Surprise <i>Javier+Joel</i>	Yoga/Healthy Back <i>Hie Kim</i>
15:30-16:30	Disco Party <i>Per</i>	Box Workout <i>Joel</i>	Workshop Step Intensive <i>Alex</i> (39€/49€) incl. CD Studio, 15:30-18:00	Aerobic & Dance <i>Carlos</i>	Flow Workout <i>Michael</i>
16:45-17:55 incl. Stretch	HOT IRON™ II <i>Danny</i>	Lyrical Dance <i>Javier</i>		Step <i>Joel+Javier</i>	Pilates Ways <i>Danny</i>
18:00-18:20					Workshop Handstand ABC / Yoga <i>Hie Kim</i> (29€/39€) Studio, 15:30-17:30

Freitag / Friday 8.9.17			Samstag / Saturday 9.9.17	
Area 1	Area 2	Studio, Pool ...	Outside	Area 2
07:00-07:45		Beach Yoga <i>Sandra+Hie Kim</i> <i>Beach</i>		
09:15-10:15	Dance <i>Anastasia</i>	Functional Training FST <i>Per</i>		
10:30-11:30	Step <i>Carlos</i>	Drums Alive® Feel the Beat <i>Michael</i>	Spaziergang zum Markt von / excursion to the market of Cala Ratjada (9:30) <i>Sandra</i> (free)	Trainer-certification Shadowboxer Performance® <i>Michael</i> (150€) 10:00-17:00
11:45-12:45	IRON CROSS <i>Danny</i>	Moving Styles <i>Javier,+Joel</i>		
15:30-16:30	Step Team <i>Anastasia+Alex</i>	Yoga Final <i>Hie Kim</i>	Workshop Aerobic Dance (14:30-16:30) <i>Anastasia</i> (29€/39€) ca. 2h Area 2 / Studio	
ab 16:45	Best of Week <i>All Presenters</i>			



Öffnungszeiten / open hours B.O.M. Events Office: 08:45 – 09:15 / 12:45 – 13:15 Uhr

Workshops/Excursions:
Info, booking & payment B.O.M. Events Office

News & Programmänderungen / news & program changes: see infoboard

Rahmen- & Abendprogramm / evening program:

- Montag / Monday 09:15 Uhr Area 1: Vorstellung Team 2017 / introduction presenter team 2017
- Montag/Monday 21:15 Uhr: Come together & Welcome Drink Pool Bar
- Dienstag / Tuesday: see infoboard
- Mittwoch/Wednesday 21:15 Uhr: Chill Out & Style to Happiness (Pool Bar) – danach/after: Spanish Beach Party Disco
- Freitag / Friday: White Night Gala Dinner (Hotel) Party in Cala Ratjada (info & booking Cala Ratjada bis/until Dienstag / Tuesday B.O.M. Office)
- Samstag / Saturday 21:15 Uhr Pool Bar: Good Bye Cocktail & Foto Show