

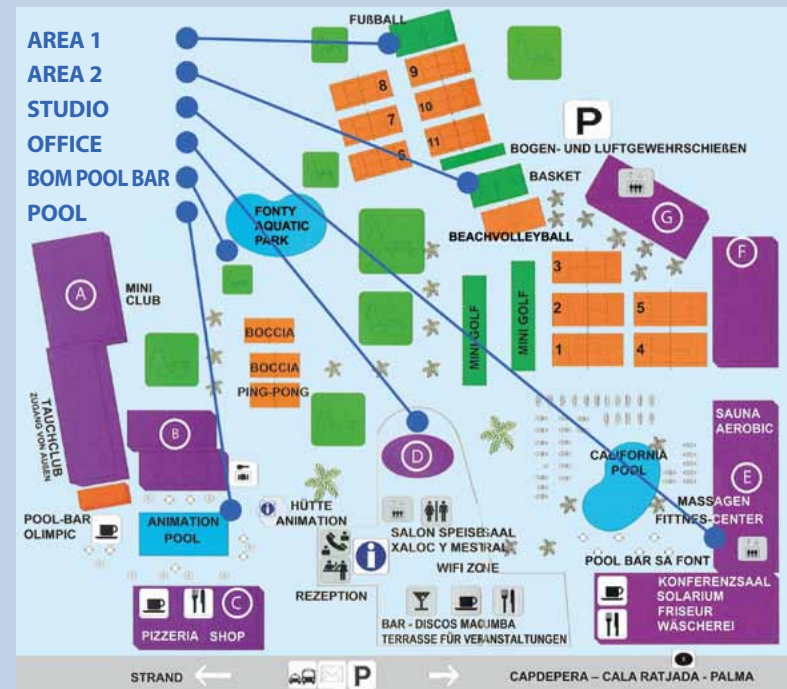
# Kursplan / Programme BOM Events Sportfestival 2018

Montag / Monday 3.9.			Dienstag / Tuesday 4.9.		
Area 1	Area 2	Pool/Beach/WS	Area 1	Area 2	Pool/Beach/WS
07:15–08:00					Awareness Yoga + Meditation <i>Sandra Beach</i>
09:15–10:15	Welcome with Event-T-Shirts		Step <i>Javier + Joel</i>	Inside Flow <i>Hie Kim</i>	
10:30–11:30	Step Symmetric <i>Alex</i>	Yoga 4 All <i>Hie Kim</i>	Burn Baby Burn <i>Per</i>	Drums Alive® <i>Michael</i>	
11:45–12:45	Moving Styles <i>Javier + Joel</i>	Shadowboxer Performance® <i>Michael</i>	Aqua ZUMBA® <i>Sandra Pool</i>	HOT IRON® <i>Danny</i>	Lyrical Dance <i>Javier</i>
Break & Specials					
15:30–16:30	Step <i>Per</i>	HIIT Workout <i>Javier + Joel</i>	Step Symmetric <i>Per</i>	Warrior Workout <i>Michael</i>	Workshop Musical Choreo <i>Joel + Javier</i>
16:45–17:45	HOT IRON® <i>Danny</i>	Yoga Flow Basic <i>Sandra</i>	Aero Dance <i>Alex</i>	Yoga <i>Hie Kim</i>	15:30–17:30 (29€)
17:50 Beach Action					Beach Challenge <b>Beach</b>
Evening	21:15 Welcome Cocktail				

Änderungen und Irrtümer vorbehalten / Right to changes and errors reserved, Stand / as of: 04/18

Mittwoch / Wednesday 5.9.			Donnerstag / Thursday 6.9.		
Area 1	Area 2	Pool/Beach/WS	Area 1	Area 2	Pool/Beach/WS
07:15–08:00					Beach Yoga <i>Hie Kim Beach</i>
09:15–10:15	House <i>Per</i>	Smooth Moves <i>Danny</i>	Souldance <i>Danny</i>	Stretch It Yang Style <i>Hie Kim</i>	
10:30–11:30	Step <i>Alex</i>	KamiBo® <i>Michael</i>	Vertical Step <i>Carlos</i>	HIIT Workout <i>Javier + Joel</i>	
11:45–12:45	Latino Dance <i>Joel</i>	Functional Workout <i>Per</i>	Aqua Dance <i>Sandra Pool</i>	Step <i>Per + Alex</i>	Drums Alive® <i>Michael</i>
Break & Specials					
15:30–16:30	Step <i>Javier</i>	POUND® <i>Pia</i>	Inspirations WS: Power Up Your Day <i>Michael</i>	Aero Dance <i>Alex</i>	Bodyfit Intense <i>Sandra</i>
16:45–17:45	HOT IRON® <i>Danny</i>	Pilates <i>Carlos</i>	15:30–17:30 (29€) 16:30 Walking Tour <i>Sandra</i>	Latin Jazz <i>Carlos</i>	Yoga <i>Hie Kim</i>
17:50 Beach Action					Beach Challenge <b>Beach</b>
Evening	21:15 Beach Bar Night				

Freitag / Friday 7.9.			Samstag / Saturday 8.9.		
Area 1	Area 2	Pool/Beach/WS	Area 1	Outside	Outside
07:15–08:00					
09:15–10:15	Step <i>Carlos</i>	Functional Workout <i>Per</i>		Spaziergang zum Markt von/excursion to the market of Cala Ratjada (9:30)	VIP Excursion mit/with Mallorca Beetle Tours (extra fee)
10:30–11:30	Dance Show <i>Javier + Joel</i>	Shadowboxer Performance® <i>Michael</i>	Workshop 10:30–12:30 (extra fee)		
11:45–12:45	Step <i>Anastasia</i>	Latin <i>Carlos</i>	Aqua Flow <i>Sandra Pool</i>		
Break & Specials					
15:30–16:30	Aero Team <i>Anastasia + Alex</i>	Yoga Final <i>Hie Kim</i>			
16:45–17:45	Best of Week <i>All Presenters</i>				
17:50 Beach Action					
Evening	19:00 White Night Gala Dinner & Good Bye Party Dresscode: White ;)				



**Öffnungszeiten/open hours B.O.M. Events**  
**Office:** 08:45–09:15 und 15:15–15:30

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

**News & Programmänderungen/news & program changes:** see Infoboard

Details zu Specials und Abendveranstaltungen findest du täglich am B.O.M. Events Office Infoboard

More Infos for the specials and evening times you will find daily at the B.O.M. Events Office Infoboard

Class Levels: A=all, for everybody – M=intermediate & advanced – W=Workshop – E=Excursion