

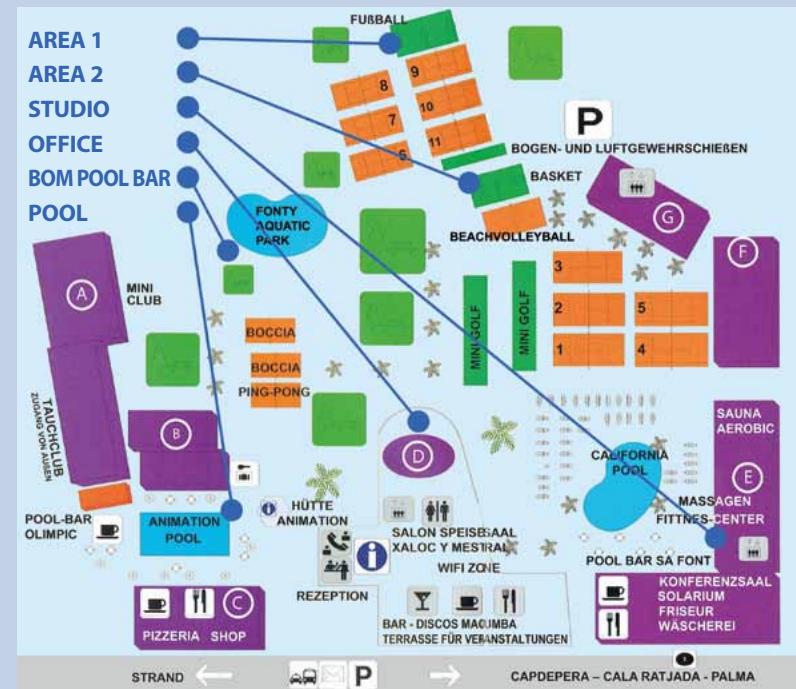
# Kursplan / Programme BOM Events Sportfestival 2018

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</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</i>	Shadowboxer Performance® (L) <i>Michael</i>	Aqua ZUMBA® <i>Sandra</i>	HOT IRON® (L) <i>Danny</i>	Lyrical Dance <i>Javier</i>
Break & Specials					
15:30–16:30	Step <i>Per</i>	HIIT Workout <i>Javier</i>	Step Symmetric <i>Per</i>	Warrior Workout <i>Michael</i>	
16:45–17:45	HOT IRON® (L) <i>Danny</i>	Yoga Flow Basic <i>Sandra</i>	Aero Dance <i>Alex</i>	Yoga <i>Hie Kim</i>	Walking Tour (L) <i>Sandra</i> (free)
17:50 Beach Action					Beach Challenge (L) <i>Michael Beach</i>
Evening	21:15 Welcome Cocktail				

Änderungen und Irrtümer vorbehalten / Right to changes and errors reserved, Stand / as of: 08/18

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</i> <i>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>	Latin Jazz <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</i>	Step <i>Per + Alex</i>	Drums Alive® <i>Michael</i>
Break & Specials					
15:30–16:30	Step <i>Javier + Joel</i>	POUND® <i>Pia</i>	Inspirations WS Power Up Your Day (L) <i>Michael</i> 15:30–17:30 (29 €)	Aero Dance <i>Alex</i>	Bodyfit Intense <i>Sandra</i>
16:45–17:45	HOT IRON® (L) <i>Danny</i>	Pilates <i>Carlos</i>		Vertical Step <i>Carlos</i>	Yoga <i>Hie Kim</i>
17:50 Beach Action					Beach Challenge (L) <i>Michael Beach</i>
Evening	21:15 Flower Power Beach Party				

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>Sarah</i>		Spaziergang zum Markt von/excursion to the market of Cala Ratjada (L) 9:30	VIP Excursion mit/with Mallorca Beetle Tours (L) 10:00 – ca. 19:30 (59 € / 79 €)
10:30–11:30	Aero Dance <i>Alex</i>	Shadowboxer Performance® (L) <i>Michael</i>			<i>Sandra</i> (free)
11:45–12:45	Latino <i>Carlos</i>	BLACKROLL® MOVES (L) <i>Pia</i>	Aqua Flow <i>Sandra</i>		
Break & Specials					
15:30–16:30	Dance/Step Show <i>Javier + Joel</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 and 15:15–15:30

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

(L) = limitierte Plätze – bitte in Liste im Office eintragen / the number of participants is limited – please register in the list in the 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