

Sunday, 15.07.2007

The program is subject to updates !

8:30 - 9:30	Step Aerobic A: Hofer	Badminton <i>Populorum</i>	Basket J. Zownir	Climbing G. Meraner	Gym Stick Viviana Zito		Shooting gallery
9:45 - 10:45	Pump M. Kaufmann	Badminton <i>Populorum</i>	Coordinat. Skills. 1 <i>G. Judmayr</i>	Climbing G. Meraner		Spinning <i>Vincenzo</i>	Shooting gallery
	Pump M. Kaufmann	Jause - Coffee time - Pausa					
11:15 - 12:15	Aerobic dance A: Hofer	Gymnastics 3. Dim. <i>B. Curt</i>	Coordinat. Skills. 2 G. Judmayr	Volleyball <i>J. Wolf</i>		Athletics 1 <i>K. Holzner</i>	Massage Urbainsky
Pranzo - Mittagsessen - Lunch time							
14:00 - 15:00	Aerobic L. Ozolina	Caraibic Dance <i>Mimmo</i>	Basket J. Zownir	Gymnastics 3. Dim. <i>B. Curt</i>	Gym Stick Viviana Zito	Speedminton <i>Populorum</i>	Shooting gallery
15:15 - 16:15	Pump M. Kaufmann	Fitline energym <i>Mimmo</i>	Volleyball <i>J. Wolf</i>	Coordinat. Skills. 3 <i>G. Judmayr</i>		Spinning <i>Vincenzo</i>	Shooting gallery
	Pump M. Kaufmann	Jause - Coffee time - Merenda					
16:45 - 17:45	Aerobic dance A. Hofer	Jazzdance S. Raffainer	Volleyball <i>J. Wolf</i>	Climbing G. Meraner	Athletics 2 <i>K. Holzner</i>	Body Stability Test	Massage Urbainsky
17:45 - 18:30	All togheter with Mimmo (country western)						
19:30- 21:00 24:00	Abendessen - Cena - Dinner (Gourmet corners) Acqua Fun Day in the Wellness Area Italian Music with DJ						