

**Monday, 16.07.2007**

**The program is subject to updates !**

8:30 - 9:30			Spinning <i>Vincenzo</i>	Volleyball <i>Wolf</i>	Adventure Gym. <i>B. Curt</i>	Speedminton <i>Popolorum</i>	Shooting gallery
9:45 - 10:45	Cardio Condition <i>A. Streitberger</i>	Step Aerobic <i>Monica Zeni</i>	Athletics <i>K. Holzner</i>	Basket <i>Jeff Zownir</i>	Coordinat. Skills 4 <i>G. Judmayr</i>	Speedminton <i>Popolorum</i>	Climbing <i>G. Meraner</i>
Jause - Coffee time - Pausa							
11:15 - 12:15		Aerobic <i>L. Ozolina</i>	Handball 1 <i>O. Forer</i>	Volleyball <i>Wolf</i>	Coordinat. Skills 5 <i>G. Judmayr</i>	Recreation. <i>Urbainsky</i>	Climbing <i>G. Meraner</i>
Pranzo - Mittagsessen - Lunch time							
14:00 - 15:00	Staby Gym <i>A. Streitberger</i>		Spinning <i>Vincenzo</i>	Pilates <i>Mössler</i>	Warm Up why? <i>S. Resnyak</i>	Badminton <i>Popolorum</i>	Intercross <i>S. Sozzi</i>
15:15 - 16:15		Step Aerobic <i>Monica Zeni</i>	Handball 2 <i>O. Forer</i>	Volleyball <i>Wolf</i>	Coordinat. Skills 6 <i>G. Judmayr</i>	Climbing <i>G. Meraner</i>	Intercross <i>S. Sozzi</i>
Jause - Coffee time - Merenda							
16:45 - 17:45	Staby Gym <i>A. Streitberger</i>	Jazzdance <i>S. Raffener</i>	Trilochi <i>Mössler</i>	Basket <i>Jeff Zownir</i>	Target Zone Train. <i>S. Resnyak</i>	Climbing <i>G. Meraner</i>	Massage <i>Urbainsky</i>
<b>18:30</b>	From the Meeting Point <b>Departure to the Official Opening at the FÜRSTENBURG</b>						