

Tuesday, 17.07.2007

The program is subject to updates !

8:30 - 9:30	Spinning <i>Vincenzo</i>	Slow Motion <i>Ch. Mattis</i>	Basket Jeff Zownir	Moving Games <i>F. Blaha</i>	Intercross <i>S. Sozzi</i>	Swimming 3 <i>M. Gasser</i>	Weight training <i>Eddie Coyle</i>
9:45 - 10:45	Aerobic L. Ozolina	Sport Massage <i>Urbainsky</i>	Handball 3 <i>O. Forer</i>	Floorball <i>A. Kasaukas</i>	Intercross <i>S. Sozzi</i>	Swimming 4 <i>M. Gasser</i>	Warm Up Why? <i>S. Resnyak</i>
Jause - Coffee time - Pausa							
11:15 - 12:15	Jazzdance S. Raffener	Bewegungstheater <i>C.H. Mattis</i>	Adventure Gym. <i>B. Curt</i>	Floorball <i>A. Kasaukas</i>	Spinning <i>Vincenzo</i>	Target Zone Train. <i>S. Resnyak</i>	Shooting Gallery
Pranzo - Mittagsessen - Lunch time							
14:00 - 18:30	Mountainbike, Hiking Trip, Shipping Lake „Reschen“, Visit to Glurns Glacier Hiking, Visit to Castle „Churburg“						
19:30	Just for fun Night Volleyball Tournament Bowling Tournament Sauna Italian Snaks with Jano						