

Tuesday, 17.07.2007

The program is subject to updates !

8:30 - 9:30		Swimming 1 <i>M. Gasser</i>	Spinning <i>Vincenzo</i>	Basket Jeff Zownir	Intercross <i>S. Sozzi</i>	Warm Up Why? <i>S. Resnyak</i>	Moving Games <i>F. Blaha</i>
9:45 - 10:45	Aerobic L. Ozolina	Swimming 2 <i>M. Gasser</i>		Handball 3 <i>O. Forer</i>	Intercross <i>S. Sozzi</i>	Sport Massage <i>Urbainsky</i>	Shooting Gallery
Jause - Coffee time - Pausa							
11:15 - 12:15			Spinning <i>Vincenzo</i>		Adventure Gym. <i>B. Curt</i>	Target Zone Train. <i>S. Resnyak</i>	Moving Games <i>F. Blaha</i>
Pranzo - Mittagsessen - Lunch time							
14:00 - 18:30	Mountainbike, Hiking Trip, Shipping Lake „Reschen“, Roller Skating, Glacier Hiking, Visit to Castle „Churburg“						
19:30	From the Meeting Point Departure to the "TARTSCHER BÜHEL" Abendessen - Dinner - Cena						