

**Wednesday, 18.07.2007**

**The program is subject to updates !**

8:30 - 9:30		Swimming 3 <i>M. Gasser</i>	Spinning <i>Vincenzo</i>	Basket <i>Jeff Zownir</i>	Shooting Gallery	Tape Course <i>W. Ghirardini</i>	Theater <i>C.H. Mattis</i>
9:45 - 10:45	Step Aerobic <i>V. Cardini</i>	Swimming 4 <i>M. Gasser</i>			Pair Acrobatics <i>B. Curt</i>	Tape Course <i>W. Ghirardini</i>	
Jause - Coffee time - Pausa							
11:15 - 12:15	Aerobic <i>L. Ozolina</i>			Handball 4 <i>O. Forer</i>	Shooting Gallery	MBT	Recreation <i>Urbainsky</i>
Pranzo - Mittagsessen - Lunch time							
14:00 - 15:00	Step Aerobic <i>V. Cardini</i>		Spinning <i>Vincenzo</i>	Basket <i>Jeff Zownir</i>	Intercross <i>S. Sozzi</i>	Physiotherapy <i>W. Gherardini</i>	Theater <i>C.H. Mattis</i>
15:15 - 16:15	Aerobic <i>L. Ozolina</i>				Intercross <i>S. Sozzi</i>	Physiotherapy <i>W. Gherardini</i>	Moving Games <i>F. Blaha</i>
Jause - Coffee time - Merenda							
16:45 - 17:45	Cardio condition <i>A. Streitberger</i>	Jazzdance <i>S. Raffener</i>		Handball 5 <i>O. Forer</i>		MBT	Sportmassage <i>Urbainsky</i>
17:45 - 18:30	<b>All together with Bernd Curt</b>						
19:30 - 21:00 - 02:00	Abendessen - Cena - Dinner Acqua Fun Day in the Wellness Area Italian Music with DJ Andy Latenight Italian Snacks						

