

# Programm 2019

**Sunday 21.07.2018** The program is subject to updates ! \* = Repetition, Wiederholung; Ripetizione  
 7:30 – 8:30 TAI CHI with Lin Lai Li (Meeting point) – 8:00 – 8:20 Meditation with Sari Pentillä (Place 9)

Südtiroler **SPORTFORUM** Mals  
 20. - 26. Juli | July | Luglio 2019

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Gym Hall 4	Athletic Stadion 6	Class Room 8	Swimming Pool	Meeting Point
8:30 - 9:30	Piloxing @ H. Öman	Pickleball 1 lacuone/Di Giulio	Volleyball 1 L. Huber	Coordination Skills G. Judmayr	Pilates K. Sielman			Lifeguard Drills R. Gruin	
9:45 - 10:45	Burner Top 10 Games M. Sutter	Salsa 1 P. Christensen	Psychkinetics Sport S. Stuffer	Modern Dance 1 M. Zakany		Tennis 1 P. Plunger		Lifeguard Drills R. Gruin	
<b>Jause - Coffee time - Merenda</b>									
11:15 - 12:15	Zumba A. Custodio	Dance 1 R. Fanni	Endurance Training 1 M. Mair	Coordination Skills G. Judmayr	Functional Training S. Tridico	Soccer 1 A. Sebastiani	Meditaping – The static of man D. Sielmann		Shooting R. Vitalini
<b>Pranzo - Mittagessen - Lunch time</b>									
14:00 - 15:00	Zumba A. Custodio	Cha Cha P. Christensen	Basketball 1 J. Zownir	Coordination Skills G. Judmayr	Creativity and Expression A. Mariani	Golf Frisbee M. Romano			
15:15 - 16:15	Piloxing @ H. Öman	Body Movements C. Grönholm	C. Schaudt 1	Creative Moving E. Koole					Orienteering 1 C. Kirchlechner
<b>Jause - Coffee time - Merenda</b>									
16:30 - 17:30	Zumba A. Custodio	Pickleball 2 lacuone/Di Giulio	Balance B. Curt	Coordination Skills G. Judmayr	Yoga for you S. Pentillä	Woodball T. Ming Hsien	Meditaping – The static of man D. Sielmann		
19:30	<b>Wellness Day</b> Dinner at Sportwell • DJ Music • Beach Show								

# Programm 2019

**Monday 22.07.2018** The program is subject to updates ! \* = Repetition, Wiederholung; Ripetizione

7:30 – 8:30 TAI CHI with Lin Lai Li (Meeting point)

Südtiroler **SPORTFORUM** Mals

20. - 26. Juli | July | Luglio 2019

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Gym Hall 4	Athletic Stadion 6	Class Room 8	Swimming Pool	Meeting Point
8:30 - 9:30	Strong by Zumba A. Custodio	Dance 2 R. Fanni	Coordination Skills G. Judmayr	Crazy not Lazy 1 A. Vizbariene	Yoga for Teens S. Pentillä		Meditaping – Upper Body D. Sielmann	Swimming 1 M. Ngalioma	
9:45 - 10:45	Piloxing® H. Öman	Streetdance C. Grönholm	Psychkinetics Team Sport S. Stuffer	Burner Speed Games M. Sutter				Deep Abdominal Work D. Giuriato	Meditation and Movement in Nature E. Koole until 11:15
<b>Jause - Coffee time - Merenda</b>									
11:15 - 12:15	Strong by Zumba A. Custodio	Pickleball 1 lacuone/ Di Giulio	Basketball 2 J. Zownir	Coordination Skills G. Judmayr	Pilates K. Sielmann	Soccer 2 A. Sebastiani		Aqua Schwimm Training D. Giuriato	Standup Paddeling H. Chiusole
<b>Pranzo - Mittagessen - Lunch time</b>									
14:00 - 15:00	Modern Dance 2 M. Zakany	Bachata P. Christensen	Volleyball 2 L. Huber	Rope Skipping B. Curt		Tennis 2 P. Plunger	Orienteering 2 C. Kirchlechner	Aqua Schwimm Training D. Giuriato	Standup Paddeling H. Chiusole*
15:15 - 16:15	Modern Dance 2 M. Zakany	Show Dance C. Grönholm	C. Schaudt 2	Coordination Skills G. Judmayr	Creativity and Expression A. Mariani		Orienteering 3 C. Kirchlechner	Swimming 2 M. Ngalioma	Streetracket M. Straub
<b>Jause - Coffee time - Merenda</b>									
16:30 - 17:30	Piloxing® H. Öman	Pickleball 2 lacuone/ Di Giulio	Volley/ Burningball M. Mair	Crazy not Lazy 2 A. Vizbariene		Ultimate M. Romano	Folkdance K. Demar	Deep Abdominal Work* D. Giuriato	Streetracket M. Straub
19:30	<b>Official Opening</b>								

## Programm 2019

**Tuesday 23.07.2018** The program is subject to updates ! \* = Repetition, Wiederholung; Ripetizione  
 7:30 – 8:30 TAI CHI with Lin Lai Li (Meeting point) – 8:00 – 8:20 Meditation with Sari Pentillä (Place 9)

Südtiroler **SPORTFORUM** Mals  
 20. - 26. Juli | July | Luglio 2019

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Gym Hall 4	Athletic Stadion 6	Class Room 8	Swimming Pool	Meeting Point
8:30 - 9:30	Modern Dance 3 M. Zakany	Salsa 1* P. Christensen	Balance B. Curt	Coordination Skills G. Judmayr				Acqua Swimm Training*	
9:45 - 10:45	Burner Games Academy M. Sutter	Dance 3 R. Fanni	Basketball 3 J. Zownir	Creative Moving E. Koole	Pilates E. Magnone	Tennis 1* P. Plunger	Shooting R. Vitalini	Acquaball* D. Giuriato	Streetracket M. Straub
<b>Jause - Coffee time - Merenda</b>									
11:15 - 12:15	Special Movements C. Grönholm	Piloxing® H. Öman	Wrestling K. Heim	Coordination Skills G. Judmayr		Soccer 2 A. Sebastiani	Meditaping – Upper Body D. Sielmann	Aqua Swimm Training D. Giuriato	Standup Paddeling H. Chiusole
<b>Pranzo - Mittagessen - Lunch time</b>									
14:00 - 18:30	<b>Culture Trips:</b> Alpine Yoga • Standup Paddeling • Canyoning								
19:30	Bunkernight Lollo Pub Live Music								

# Programm 2019

Wednesday 24.07.2018 The program is subject to updates ! \* = Repetition, Wiederholung; Ripetizione

7:30 – 8:30 TAI CHI with Lin Lai Li (Meeting point)

Südtiroler **SPORTFORUM** Mals

20. - 26. Juli | July | Luglio 2019

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Gym Hall 4	Athletic Stadion 6	Theory Room	Swimming Pool	Meeting Point
8:30 - 9:30	Streetdance 1 R. Neuhaus	Cha Cha * P.Christensen	Volleyball 3 L. Huber	Acrobatic M. Sutter	High Altitude Training K. Sielmann	Tennis 2* P. Plunger	Biathlon R. Vitalini	Life Guard R. Gruin	Street racket M. Straub
9:45 - 10:45	Ribbons Technique C. Grönholm	Rope Skipping B. Curt	Psychkinetics- Sport* S.Stuffer	Endurance Training 2 M. Mair	Functional Training S. Tridico	Soccer 4 A. Sebastiani	VSS	Life Guard R. Gruin	Meditation and Movement in Nature E. Koole until 11:15
<b>Jause - Coffee time - Merenda</b>									
11:15 - 12:15	Breakdance R. Neuhaus	Crazy not Lazy 3 A. Vizbariene	Basketball 4 J. Zownir	Parallel Bars K. Heim	Thai Yoga Massage S. Pentillä Until 12.30	Beachvolley 1 Gröber Markus	VSS	Meditaping – Lower Body D. Sielmann	Standup Paddeling H. Chiusole*
<b>Pranzo - Mittagessen - Lunch time</b>									
14:00 - 15:00	Ribbons Choreography C. Grönholm	Balance B. Curt	Hula Hop E. Fink	Horizontal Bars K. Heim	Pilates E. Magnone	Woodball T. Ming Hsien	VSS	Folkdance K.Demar*	Standup Paddeling H. Chiusole*
15:15 - 16:15	Modern Dance 4 M. Zakany	Streetdance 1* R. Neuhaus	Hula Hop E. Fink	Creative Moving E. Koole		Golf Frisbee M. Romano		Orienteering 4 Competition C.Kirchlechner	Natural Track Luge* Pigneter/Clara
<b>Jause - Coffee time - Merenda</b>									
16:30 - 17:30	Dance 4 R. Fanni	Bachata * P.Christensen	Basketball 5 J. Zownir	Donut Hockey M. Sutter		Beachvolley 2 Gröber Markus	Meditaping – Lower Body D. Sielmann	Orienteering 4 Competition C.Kirchlechner	Natural Track Luge* Pigneter/Clara

# Programm 2019

**Thursday 25.07.2018** The program is subject to updates ! \* = Repetition, Wiederholung; Ripetizione

7:30 – 8:30 TAI CHI with Lin Lai Li (Meeting point) – 8:00 – 8:20 Meditation with Sari Pentillä (Place 9)

Südtiroler **SPORTFORUM** Mals

20. - 26. Juli | July | Luglio 2019

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Gym Hall 4	Athletic Stadion 6	Meeting Point	Swimming Pool	Meeting Point
8:30 - 9:30	Modern Dance 5 M. Zakany	Crazy not Lazy 4 A. Vizbariene	Psychkinetics Team Sport* S. Stuffer	Streetdance 2 R. Neuhaus 4	Pilates E. Magnone	Beachvolley 3 Gröber Markus	Streetracket M. Straub	Swimming 3 M. Ngalioma	
9:45 - 10:45	Body Movements* C. Grönholm	Capoeira 1 P. Barretto	Hula Hop E. Fink	Rope Skipping B. Curt	High Altitude Training K. Sielmann	Soccer 5 A. Sebastiani	Basketball Theorie J. Zownir	Natural Track Luge* Pigneter/Clara	
<b>Jause - Coffee time - Merenda</b>									
11:15 - 12:15	Dance 5 R. Fanni	Capoeira 2 P. Barretto	Volleyball 4 L. Huber	Breakdance* R. Neuhaus 5	Creativity and Expression A. Mariani	Ultimate M. Romano	Meditaping 7 D. Sielmann	Natural Track Luge* Pigneter/Clara	
<b>Pranzo - Mittagessen - Lunch time</b>									
14:00 - 15:00	Modern Dance 6 M. Zakany	Swing Baiano P. Barretto	Hula Hop E. Fink	Creative Moving E. Koole		Woodball Tournament T. Ming Hsien			Beachvolley 4 Gröber Markus
15:15 - 16:15	Salsa 2 P. Christensen	Capoeira 3 P. Barretto		Burner Top 10 Games M. Sutter		Tournament Tennis P. Plunger			Beachvolley 5 Gröber Markus
<b>Jause - Coffee time - Merenda</b>									
16:30 - 17:30	All Together • Yoga Massage with Sari Pentillä (Gym Hall 1 – 2 – 3)								
19:30	<b>Mals Live</b> Dinner and finale evening at the Kulturhaus Mals								