

Südtiroler **SPORTFORUM** Mals

20. - 26. Juli | July | Luglio 2019

HERZLICH WILLKOMMEN
A CORDIAL WELCOME!
BENVENUTI

20.07.2019

14.00 Anmeldung

Check In / Registration
Registrazione

18.45 Eröffnungsfeier mit Programmorschau – Aula Magna

Opening ceremony with programme preview – Aula Magna
Cerimonia d'inaugurazione e anteprima del programma – Aula Magna

19.30 Abendessen im Schulhof

Welcome dinner in the schoolyard
cena nel cortile della scuola

Volkstänze mit Demar Klaus

Music and traditional Dances with Demar Klaus
Danze tradizionali con Demar Klaus

Alternative Programm: in the school lounge

Dress code: Casual clothes

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® 1 H. Öman	Pickleball 1 Iacune/ Di Giulio	Volleyball 1 L. Huber	Coordination Ball Skills 1 G. Judmayr	Yoga for you S. Penttilä		Meditaping The static of man D. Sielmann	Lifeguard Drills R. Gruin	Shooting R. Vitalini
9:45 - 10:45	Burner Top 10 Games M. Sutter	Salsa 1 P. Christensen	Temple of Doom A. Magallanes	Modern Dance 1 M. Zakany	⁵ Functional Training S. Tridico	Tennis 1 P. Plunger	^T iPad Theory N. Tuhuteru	Lifeguard Drills R. Gruin	Shooting* R. Vitalini

Jause - Coffee time - Merenda

11:15 - 12:15	Strong 1 A. Custodio	Dance Composition 1 R. Fanni	Experience Endurance 1 M. Mair	Coordination Ball Skills 2 G. Judmayr	Creativity and Expression A. Mariani	Soccer 1 A. Sebastiani	Classic Massage J. Wallnöfer	Ice Stock S. Mulser	Social Skills T. Hafenmair
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Pranzo - Mittagessen - Lunch time

14:00 - 15:00	Zumba 1 A. Custodio	Cha Cha P. Christensen	Basketball 1 J. Zownir	1x1 Ball School 1 G. Judmayr	⊙ Orienteering 1 C.Kirchlechner	Golf Frisbee M. Romano	^T Smartphone Raid-GPS and Apps in Nature A. Pacheco	⊙ Ice Stock* S. Mulser	Shooting* R. Vitalini
15:15 - 16:15	Piloxing® 2 H. Öman	Body Movements C. Grönholm	Crazy not Lazy 1 A. Vizbariene	Self Awareness & Creativity E. Koole	⊙ Orienteering 1* C.Kirchlechner	Gaelic Football N. Tuhuteru	Back Massage J. Wallnöfer	⊙ Ice Stock* S. Mulser	Stand up paddeling H. Chiusole

Jause - Coffee time - Merenda

16:30 - 17:30	Strong 2 A. Custodio	Pickleball 2 Iacune/Di Giulio	Balance 1 B. Curt	1x1 Game School 1 G. Judmayr	Psychokinetics Team Sports 1 S. Stuffer	Woodball T. Ming Hsien	Meditaping The static of man D. Sielmann		Stand up paddeling* H. Chiusole
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19:30 **OFFICIAL WELCOME** 19.00 Start from the Meeting Point to the Culture Center Burgeis • 19.30 Buffet **SPORTFORUM** 2019 • 21.15 Official speeches • 20.00 - 23.00 Live Tyrolean music with "Latscher TanzImusig" **FORMAL or TRADITIONAL CLOTHES of your Country**

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	Zumba 2 A. Custodio	Dance Composition 2 R. Fanni	1x1 Ball Elementary School G. Judmayr	Crazy not Lazy 2 A. Vizbariene	Yoga for Teens S. Penttilä	⁸ Meditaping – Upper Body D. Sielmann	Social Skills* T. Hafenmair	Swimming 1 M. Ngalioma	Biathlon R. Vitalini
9:45 - 10:45	Piloxing® 3 H. Öman	Streetdance C. Grönholm	Bouncy Castle A. Magallanes	Rope Skipping B. Curt	Psychokinetics Team Sports 2 S. Stuffer	Quidditch T. Ming Hsien	Smartphone Raid-GPS and Apps in Nature 1 A. Pacheco	Deep Abdominal Work D. Giuriato	Meditation & Movement in Nature E. Koole
Jause - Coffee time - Merenda									
11:15 - 12:15	Strong 3 A. Custodio	Pickleball 1* Iacune/Di Giulio	Basketball 2 J. Zownir	1x1 Ball School 2 G. Judmayr	⁷ Fencing for Beginners N. Tuhuteru	Soccer 2 A. Sebastiani	Smartphone Raid-GPS and Apps in Nature 2 A. Pacheco	Acqua Swimm Training D. Giuriato	Standup Paddeling* H. Chiusole
Pranzo - Mittagessen - Lunch time									
14:00 - 15:00	Modern Dance 2 M. Zakany	Bachata P. Christensen	Volleyball 2 L. Huber	Burner Speed Games M. Sutter	Creativity and Expression* A. Mariani	Tennis 2 P. Plunger	Orienteering 2 C. Kirchlechner	Acquaball D. Giuriato	Standup Paddeling* H. Chiusole
15:15 - 16:15	Zumba 3 M. Zakany	Show Dance C. Grönholm	Juggling B. Curt	1x1 Game School 2 G. Judmayr	⁷ Folkdance K. Demar	⁵ Functional Training* S. Tridico	Orienteering 2* C. Kirchlechner	Swimming 2 M. Ngalioma	Stretracket Basics M. Straub
Jause - Coffee time - Merenda									
16:30 - 17:30	Piloxing® 4 H. Öman	Pickleball 2* Iacune/Di Giulio	Volley/Burningball M. Mair	Crazy not Lazy 3 A. Vizbariene		Ultimate M. Romano	⁸ Upper Body Massage J. Wallnöfer	Deep Abdominal Work* D. Giuriato	Stretracket Pro M. Straub
19:30	RHYTHMIC WELLNESS NIGHT 17.30 Sauna and swimming in the SPORTWELL Mals • 19.30 Tyrolean Picnic in the Sportwell Center • 20.00 - 24.00 Live music with DJ PATEX CASUAL AND SWIMMING CLOTHES								

Time	Gym Hall A	Gym Hall 1	Gym Hall 2	Gym Hall 3	Gym Hall 4	Athletic Stadion 6	Swimming Pool	Meeting Point	Meeting Point	
8:30 - 9:30	Modern Dance 3 M. Zakany	Salsa 1* P. Christensen	Balance 2 B. Curt	Coordination Skills 1* G. Judmayr	Pilates Foot Fitness E. Magnone	Quidditch * T. Ming Hsien	Acqua Swimm Training* D. Giuriato	Streetracket Learning in Motion 1 M. Straub	9.00 - 17.00 HIKING TOUR at the Quarry „Laaser Marmor“	
9:45 - 10:45	Burner Games Academy M. Sutter	Dance Composition 3 R. Fanni	Basketball 3 J. Zownir	Self Awareness & Creativity* E. Koole	6 Tennis 1 * P. Plunger	Frisbee Hot Box & Rocking Roswell N. Tuhuteru	Acquaball* D. Giuriato	Streetracket Learning in Motion 2 M. Straub		
Jause - Coffee time - Merenda										
11:15 - 12:15	Special Movements C. Grönholm	Piloxing® 5 H. Öman	Island of Thieves A. Magallanes	Coordination Skills 2* G. Judmayr	7 Wrestling K. Heim	Soccer 3 A. Sebastiani	8 Meditaping – Upper Body D. Sielmann	Biathlon* R. Vitalini		
Pranzo - Mittagessen - Lunch time										
14:00 - 18:00	Culture Trips: Alpine Yoga • Standup Paddeling • Canoeing • Watles Hiking Tour • Visit at the Castle of Churburg 1. International Italian Open Street Racket Tournament (Minimum 8 Participants)									
19:30	18:30 Dinner in the Schoolyard 19:30 Walk from the Meeting Point to the BUNKER of BENNY 20:15 - 23.00 Karl speak about “War, no thank you” and Bunker visits Group Photo SPORTFORUM 2019 23:00 Rock&Roll in the LOLLO Pub with the Blue Folks Sport clothes with light hiking shoes									

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	Street Racket Presentation	Feet Check	Powerstones Presentation	Skiworld Pro - Presentation
8:30 - 9:30	Street-Break-dance for Youth R. Neuhaus	Cha Cha * P. Christensen	Volleyball 3 L. Huber	Burner Acrobatics M. Sutter	Pilates Resistance Band E. Magnone	Tennis 2* P. Plunger	Biathlon* R. Vitalini	Acqua Wellness R. Gruin	Five Fingers Experience R. Pirhofer	Street Racket Presentation	Feet Check	Powerstones Presentation	Skiworld Pro - Presentation
9:45 - 10:45	Ribbons Technique C. Grönholm	Rope Skipping* B. Curt	Psychokinetics Team Sports 1* S. Stuffer	Experience Endurance 2 M. Mair	5 Functional Training S. Tridico	Soccer 4 A. Sebastiani	TVSS Theorie Ball Spiele U. Mauckner Only in German language	Acqua Wellness* R. Gruin	Meditation and Movement in Nature E. Koole until 11:15				
Jause - Coffee time - Merenda													
11:15 - 12:15	Street-Break-dance for Kids R. Neuhaus	VSS Praxis workshop Ball-Spiele U. Mauckner	Basketball 4 J. Zownir	Parallel Bars K. Heim	Thai Yoga Massage S. Penttilä Until 12.30	Beachvolley 1 M. Gröber	Street Racket Basics * M. Straub	8 Meditaping Lower Body D. Sielmann	Standup Paddeling * H. Chiusole				
Pranzo - Mittagessen - Lunch time													
14:00 - 15:00	Ribbons Choreography C. Grönholm	Balance 1 * B. Curt	VSS Praxis workshop Ball-Spiele U. Mauckner	Horizontal Bars K. Heim	Hula Hoop 1 E. Fink	Woodball T. Ming Hsien	Street Racket Pro * M. Straub	7 Folkdance * K. Demar	Standup Paddeling * H. Chiusole	Street Racket Presentation	Feet Check	Powerstones Presentation	Skiworld Pro - Presentation
15:15 - 16:15	Modern Dance 4 M. Zakany	Power moves for all R. Neuhaus	VSS Praxis workshop Ball-Spiele U. Mauckner	Self Awareness & Creativity * E. Koole	Hula Hoop 2 E. Fink	Golf Frisbee M. Romano	Orienteering 3 C. Kirchlechner	8 Lower Body Massage J. Wallnöfer	9 Natural Track Luge Pigneter/Clara				
Jause - Coffee time - Merenda													
16:30 - 17:30	Dance Composition 4 R. Fanni	Bachata * P. Christensen	Basketball 5 J. Zownir	Donut Hockey Reloaded M. Sutter		Beachvolley 2 M. Gröber		8 Meditaping Lower Body D. Sielmann	9 Natural Track Luge * Pigneter/Clara				
19:30	MALS LIVE • 19:30 Dinner in the Music School Park Mals DORFANGER • Music with the Big Band Mals 21:00 Sportforum Festival (Part 1) with our traditional performances • TRADITIONAL CLOTHES of your Country												

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	Psychokinetics Team Sport 2 * S. Stuffer	Jungle Dance for Kids R. Neuhaus	Pilates Soft Ball E. Magnone	Beachvolley 3 M. Gröber	Biathlon * R. Vitalini	Swimming 3 M. Ngalioma	Power Stones Presentation
9:45 - 10:45	Body Movements* C. Grönholm	Capoeira 1 P. Barreto	Hula Hoop 1 * E. Fink	Rope Skipping * B. Curt	T Basketball Theory J. Zownir	Soccer 5 A. Sebastiani	Experience Endurance 3 M. Mair	L Natural Track Luge* Pigneter/Clara	Power Stones Presentation
Jause - Coffee time - Merenda									
11:15 - 12:15	Dance Composition 5 R. Fanni	Capoeira 2 P. Barreto	Volleyball 4 L. Huber	Power moves for all * R. Neuhaus	Creativity and Expression * A. Mariani	Ultimate * M. Romano	8 Meditaping 7 D. Sielmann	L Natural Track Luge* Pigneter/Clara	Power Stones Presentation
Pranzo - Mittagessen - Lunch time									
14:00 - 15:00	Modern Dance 6 M. Zakany	Swing Baiano P. Barreto	Hula Hoop 2 * E. Fink	Self Awareness & Creativity * E. Koole	iPad Practice N. Tuhuteru	Beach Volley 4 M. Gröber	6 Woodball Tournament T. Ming Hsien	6 Tennis Tournament P. Plunger	Power Stones Presentation
15:15 - 16:15	Salsa 2 P. Christensen	Capoeira 3 P. Barreto	Four Square Off A. Magallanes	Burner Top 10 Games* M. Sutter		Beach Volley 5 M. Gröber	8 Sports & Fascia Massage J. Wallnöfer		Power Stones Presentation
Jause - Coffee time - Merenda									
16:30 - 17:30	All Together • Yoga Massage with Sari Penttilä (Gym Hall 1 – 2 – 3)								
19:30	FAREWELL EVENING • 19:30 Good by Dinner in the Culture Center Mals 20:30 - 00:30 Music with SAX MARTL • 21:30 Sportforum Festival (Part 2) with our international performances • FORMAL OR TRADITIONAL CLOTHES of your Country								