

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 Iacune/ 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	Temple of Doom A. Magallanes	Modern Dance 1 M. Zakany	Psychokinetics Sport S. Stuffer	Tennis 1 P. Plunger		Lifeguard Drills R. Gruin	
Jause - Coffee time - Merenda									
11:15 - 12:15	Strong 1 A. Custodio	Dance 1 R. Fanni	Experience Endurance 1 M. Mair	Coordination Skills 2 G. Judmayr	Functional Training S. Tridico	Soccer 1 A. Sebastiani	Meditaping – The static of man D. Sielmann		IPad Theory (T) N. Tuhuteru
Pranzo - Mittagessen - Lunch time									
14:00 - 15:00	Zumba 1 A. Custodio	Cha Cha P. Christensen	Basketball 1 J. Zownir	Coordination Skills 3 G. Judmayr	Creativity and Expression A. Mariani	Golf Frisbee M. Romano			Shooting R. Vitalini
15:15 - 16:15	Piloxing ® H. Öman	Body Movements C. Grönholm	C. Schaudt 1	Self Awareness & Creativity E. Koole		Gealic Football N. Tuhuteru		Orienteering 1 C. Kirchlechner	
Jause - Coffee time - Merenda									
16:30 - 17:30	Strong 2 A. Custodio	Pickleball 2 Iacune/Di Giulio	Balance 1 B. Curt	Coordination Skills G. Judmayr	Yoga for you S. Pentillä	Woodball T. Ming Hsien	Meditaping – The static of man D. Sielmann		
19:30	Wellness Day 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	Zumba 2 A. Custodio	Dance 2 R. Fanni	Coordination Skills 5 G. Judmayr	Crazy not Lazy 1 A. Vizbariene	Yoga for Teens S. Pentillä		Meditating – Upper Body D. Sielmann	Swimming 1 M. Ngalioma	
9:45 - 10:45	Piloxing® H. Öman	Streetdance C. Grönholm	Bouncy Castle a. Magallanes	Burner Speed Games M. Sutter	Psychokinetics Team Sports S. Stuffer	Quidditch Ming Tsien		Deep Abdominal Work D. Giuriato	Meditation and Movement in Nature E. Koole until 11:15
Jause - Coffee time - Merenda									
11:15 - 12:15	Zumba 3 A. Custodio	Pickleball 1 Iacune/Di Giulio	Basketball 2 J. Zownir	Coordination Skills G. Judmayr	Pilates K. Sielmann	Soccer 2 A. Sebastiani	Fencing for Beginners (7) N. Tuhuteru	Aqua 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	Rope Skipping B. Curt		Tennis 2 P. Plunger	Orienteering 2 C. Kirchlechner	Aquball D. Giuriato	Standup Paddeling H. Chiusole*
15:15 - 16:15	Zumba 3 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
Jause - Coffee time - Merenda									
16:30 - 17:30	Piloxing® H. Öman	Pickleball 2 Iacune/Di Giulio	Volley/ Burningball M. Mair	Crazy not Lazy 2 A. Vizbariene		Ultimate M. Romano	Folkdance K. Demar	Deep Abdominal Work* D. Giuriato	
19:30	Official Opening								

Street Racket Presentation

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 2 B. Curt	Coordination Skills G. Judmayr		Quidditch * Ming Tsien		Acqua Swimm Training* D. Giuriato	Shooting * R. Vitalini
9:45 - 10:45	Burner Games Academy M. Sutter	Dance 3 R. Fanni	Basketball 3 J. Zownir	Self Awareness & Creativity E. Koole	Pilates E.Magnone	Frisbee Hot Box & Rocking Roswell N. Tuhuteru	Tennis 1 * P. Plunger	Acquaball* D. Giuriato	Streetracket M. Straub
Jause - Coffee time - Merenda									
11:15 - 12:15	Special Movements C. Grönholm	Piloxing® H. Öman	Island of Thieves A. Magallanes	Coordination Skills 9 G. Judmayr	Wrestling (7) K. Heim	Soccer 3 A. Sebastiani	Meditaping – Upper Body D. Sielmann	Shooting * R. Vitalini	
Pranzo - Mittagessen - Lunch time									
14:00 - 18:30	Culture Trips: Alpine Yoga • Standup Paddeling • Canyoning								
19:30	Bunkernight Lollo Pub Live Music								

Street Racket Presentation

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	Burner Acrobatics M. Sutter	High Altitude Training K. Sielmann	Tennis 2* P. Plunger	Biathlon R. Vitalini	Aqua Wellness R. Gruin	Five Fingers Experience R. Pirhofer	Street Racket Presentation	Feet Check	Powerstones Presentation
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	Aqua Wellness R. Gruin	Meditation and Movement in Nature E. Koole until 11:15			
Jause - Coffee time - Merenda												
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*	Street Racket Presentation	Feet Check	Powerstones Presentation
Pranzo - Mittagessen - Lunch time												
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*	Street Racket Presentation	Feet Check	Powerstones Presentation
15:15 - 16:15	Modern Dance 4 M. Zakany	Streetdance 1* R. Neuhaus	Hula Hop E. Fink	Self Awareness & Creativity E. Koole		Golf Frisbee M. Romano		Orienteering 4 Competition C.Kirchlechner	Natural Track Luge* Pigneter/Clara			
Jause - Coffee time - Merenda												
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	Street Racket Presentation	Feet Check	Powerstones Presentation
19:30	Mals Live - Dinner in the Centre of Mals - Live Music in the Centre											

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	Streetchance 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		Street Racket Presentation	Powerstones	
Jause - Coffee time - Merenda												
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				
Pranzo - Mittagessen - Lunch time												
14:00 - 15:00	Modern Dance 6 M. Zakany	Swing Baiano P. Barretto	Hula Hop E. Fink	Self Awareness & Creativity E. Koole	IPad Practice N. Tuhuteru	Woodball Tournament T. Ming Hsien				Beachvolley 4 Gröber Markus	Street Racket Presentation	Powerstones
15:15 - 16:15	Salsa 2 P. Christensen	Capoeira 3 P. Barretto	Four Square off A. Magallanes	Burner Top 10 Games M. Sutter		Tennis Tournament P. Plunger				Beachvolley 5 Gröber Markus		
Jause - Coffee time - Merenda												
16:30 - 17:30	All Together • Yoga Massage with Sari Pentillä (Gym Hall 1 – 2 – 3)											
19:30	Mals Live Dinner and finale evening at the Kulturhaus Mals											