

# SPORTFORUM MALS ITALY

## 18. JULI | JULY | LUGLIO 2015

*Herzlich willkommen! A cordial welcome!*

*Benvenuti!*

15.00 - 18.00	ANMELDUNG CHECK IN / REGISTRATION REGISTRAZIONE
18.45 - 19.30	ERÖFFNUNGSFEIER, WELCOME DRINK OPENING CEREMONY, WELCOME DRINK CERIMONIA D'INAUGURAZIONE, WELCOME DRINK
19.30	ABENDESSEN WELCOME DINNER CENA
21.00	MUSIK UND TANZ MUSIC AND DANCE MUSICA E DANZA

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4				Time
07:30	🕒 Tai Chi with Lin Lai Li (Meeting Point)								07:30
08:30 - 09:30	Country Fitness A. HOFER	Badminton 1 V. LEITER	Gymnastic with Materials Y. FURUKAW	Rhythmic Gymnastics 1 C. Grönholm	Taiji Balong Ball B. SCHMAILZL	Meditaping Statics of man (de) D. SIELMANN	Breast Swimming B. BRENN	Rugby/Soccer M. ROMANO	08:30 - 09:30
09:45 - 10:45	Salsa / Merenge A. BEART	Life Kinetic 1 V. PIFFRADER	Basketball 1 J. ZOWNIR	Top Team B. Curt	Qi Gong B. SCHMAILZL	Teambuilding TH. HAFENMAIR	Swimming 1 S. MAVREK	Flagfootball 1 A. LUMSDEN	09:45 - 10:45
Jause - Coffee Time - Pausa									
11:15 - 12:15	Country Dance T. BONIN	Hip Hop 1 C. GRÖNHOLM	Burner Battle M. SUTTER	Sport Climbing 1 J. NIEDERMAYR	Rock & Water 1 H. VAN DEN BERG	Athletics Race K. HOLZNER	Meditaping* Statics of man (en) D. SIELMANN	Natural Track Luge - GAMPER KAMMERLANDER	11:15 - 12:15
Mittagessen - Lunch time - Pranzo									
14:00 - 15:00	Country Fitness A. HOFER	Body Percusion 1 E. BOSCA	Burner Angry M. SUTTER	Harmony Class A. KRASAUSKAS	Taiji Balong Ball B. SCHMAILZL	Fistball 1 E. ALMHOFER	Pedalo 14:00 – 15:30	Natural Track Luge - GAMPER KAMMERLANDER	14:00 - 15:00
15:15 - 16:15	Party Dance M. BAERT	Badminton 2 V. LEITER	Rhythmic Gymnastics 2 C. GRÖNHOLM	Life Kinetic 2 V. PIFFRADER	Video Bike B. CURT	Fistball 2 E. ALMHOFER	Meditaping* Statics of man (it) D. SIELMANN	Coach/Trainer/Referee C. SCHAUDT	15:15 - 16:15
Jause - Coffee Time - Merenda									
19:00 - 23:00	Official Evening								19:00 - 23:00

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4					Time	
07:30	🎯 Tai Chi with Lin Lai Li (Meeting Point)										07:30
08.30 - 09.30	Country Dance T. BONIN	Burner Top 10 M. SUTTER	Body Domino 1 M. MAIR	Sport Climbing 2 J. NIEDERMAYR	Taiji Balong Ball B. SCHMAILZL	Meditaping Waist D. SIELMANN	Acquazumba A. HOFER	Pedalo 8:30 – 10:00		08.30 - 09.30	
09.45 - 10.45	Hip Hop 2 C. GRÖNHOLM	Badminton 1* V. LEITER	Body Domino 2 M. MAIR	Neuomotor Learning 1 G. JUDMAYER	Qi Gong B. SCHMAILZL	Meditaping Waist* D. SIELMANN	Baseball/Soccer ROMANO/ZOWNIR	Natural Track Luge - GAMPER KAMMERLANDER	Beachvolleyball	09.45 - 10.45	
Jause - Coffee Time - Pausa											
11.15 - 12.15	Rock'n Roll M. BAERT	Floorball Diversey A. KRASAUSKAS	Rhythmic Gymnastics 3 C. GRÖNHOLM	Taekwondo 1 M. GUBA	Video Bike* B. CURT	Flow Yoga S. PENTILÄ	Swimming 2 S. MAVREK	Natural Track Luge - GAMPER KAMMERLANDER		11.15 - 12.15	
Mittagessen - Lunch time - Pranzo											
16.30 - 17.30	Folkdance 1 E. BOSCA	Badminton 2* V. LEITER	Golf at School G. JUDMAYER	Golf at School G. JUDMAYER	Afro Dance 1 M. MBAYE	Taekwondo 2* M. GUBA	Smart Football 1 A. SEBASTIANI	Fistball 1* E. ALMHOFER	Beachvolleyball	16.30 - 17.30	
17.30 - 18.30	Burner Speed Handball M. SUTTER	Badminton Tournements V. LEITER	Golf at School G. JUDMAYER	Golf at School G. JUDMAYER	Gentle Hatha Yoga S. PENTILÄ	Taekwondo 1* M. GUBA	Crowl Swimming B. BRENN	Fistball 2* E. ALMHOFER	Smart Football A. SEBASTIANI	17.30 - 18.30	
Jause - Coffee Time - Pausa											
18.45 - 19.45	Hip Hop 3 C. GRÖNHOLM	Basketball 2 J. ZOWNIR	Smart Football 1* A. SEBASTIANI	Afro Dance 2 M. MBAYE	Weightlifting A. LUMSDEN	Taekwondo 2* M. GUBA	Acquazumba* A. HOFER	Ultimate M. ROMANO		18.45 - 19.45	
20.00 - 23.00	Dinner Abendprogramm / Evening Program									20.00 - 23.00	

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4				Time
07.30	🎯 Tai Chi with Lin Lai Li (Meeting Point)								07.30
08.30 - 09.30	Salsa/Merenge M. BAERT	Olympic Winter Games M. MAIR	Burner Basket M. SUTTER	Neuromotor Learning 2 G. JUDMAYER	Happy Abdominal H. TSCHÖRNER	Rock & Water 2 H. VAN DEN BERG	Flag Football 2 A. LUMSDEN	Meditaping Waist D. SIELMANN	08.30 - 09.30
09.45 - 10.45		Harmony Class* A. KRASAUSKAS	Teambuilding* TH. HAFENMAIR	Top Ten Team* B. CURT	Happy Abdominal H. TSCHÖRNER	Athletics Speed K. HOLZNER	Beachvolleyball	Standup Paddeling H. CHIUSOLE	09.45 - 10.45
Jause - Coffee Time - Pausa									
11.15 - 12.15	Folkdance 2 E. BOSCA	Gymnastic in groups Y. FURUKAW	Dodgeball S. Mavrek	Neuromotor Learning 1* G. Judmayer	Table Tennis 1 H. OBERRAUCH	Teaching/Coaching Practices Theorie J. ZOWNIR	Dynamic Yoga S. PENTTILÄ	Standup Paddeling* H. CHIUSOLE	11.15 - 12.15
Mittagessen - Lunch time - Pranzo									
14.00 - 18.30	Culture Trips: Standup Paddeling Canoeing River Boating Culture Trip: Visit to a Whisky Destillery, Visiting places of the second world war								14.00 - 18.30
19.00 - 22.30	Dinner / Abendessen Evening Program / Abendprogramm								19.00 - 22.30

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4					Time	
07.30	🕒 Tai Chi with Lin Lai Li (Meeting Point)										07.30
08.30 - 09.30		Gymnastic with Giant Ball Y. FURUKAW	Inclusion 1 O. FORER		Movement and Voice 1 D. CORINTO	Barefoot Shoes R. FLIRI	Happy Feet R. PIRHOFFER	Massage 1 A. ERTL		08.30 - 09.30	
09.45 - 10.45	Core Stability W. GHIRARDINI	Teambuilding* TH. HAFENMAIR		Neuromotor Learning 2* G. JUDMAYER	Weight Lifting A. LUMSDEN	Barefoot Shoes* R. FLIRI	Swimming Sensitisation B. BRENN	Massage 2 A. ERTL		09.45 - 10.45	
Jause - Coffee Time - Pausa											
11.15 - 12.15	Country Dance T. BONIN	Body Percusion 2 E. BOSCA	Inclusion 2 O. FORER	Burner Biathlon M. SUTTER	Beachvolleyball	Athletics Race* K. HOLZNER	Integral Yoga S. PENTTILÄ	Smart Football 2 A. SEBASTIANI		11.15 - 12.15	
Mittagessen - Lunch time - Pranzo											
14.00 - 15.00	Organ Gymnastic* W. GHIRARDINI	Coach/Trainer/Referee C. SCHAUDT	Golf at School* G. JUDMAYER	Golf at School* G. JUDMAYER	Meditaping Lower Body D. SIELMANN	Barefoot Shoes* R. FLIRI	Rio Abierto W. PIXNER	Happy Feet R. PIRHOFFER		14.00 - 15.00	
15.15 - 16.15	Partydance M. BAERT	Hitball 1 L. GIGANTE	Golf at School* G. JUDMAYER	Golf at School* G. JUDMAYER	Meditaping Lower Body* D. SIELMANN	Woodball S. MAVREK	Smart Football 1 A. SEBASTIANI	Flagfootball 1* A. LUMSDEN		15.15 - 16.15	
Jause - Coffee Time - Pausa											
16.30 - 17.15	Thai Yoga Massage S. PENTTILÄ	Hitball 2 L. GIGANTE	Handballschooll 1 O. FORER	Mini Dschungel B. CURT	Black Light Theatre 1 D. CORINTO	Baseball/Soccer* ROMANO/ZOWNIR	Rio Abierto W. PIXNER	Massage 3 A. ERTL		16.30 - 17.15	
From 18.00	Abendprogramm / Evening Program									From 18.00	

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4				Time
07:30	🎯 Tai Chi with Lin Lai Li (Meeting Point)								07:30
08:30 - 09:30	Folk Dance 3 E. BOSCA	Dodge Ball * S. MAVREK	Life Kinetic 1* V. PIFFRADER	Sport Climbing 3 J. NIEDERMAYR	Movement and Voice 2 D. CORINTO	Health Spine Theorie W. GHIRARDINI	Flagfootball 2* A. LUMSDEN	Smart Football 3* A. SEBASTIANI	08:30 - 09:30
09:45 - 10:45	Rock'n Roll M. BAERT	Surprise Y. FURUKAW	Handballschoo 2 O. FORER	Hitball 1* L. GIGANTE	Table Tennis 2 H. OBERRAUCH	Athletics Speed* K. HOLZNER	Rugby/Soccer* M. ROMANO	Smart Football 3* A. SEBASTIANI	09:45 - 10:45
Jause - Coffee Time - Pausa									
11:15 - 12:15	Core Stability* W. GHIRARDINI	Floorball Diversity * A. KRASAUKAS	Basketball 3 J. ZOWNIR	Hitball 2* L. GIGANTE	Black Light Theatre 2 D. CORINTO	Yoga for Teens S. PENTTILÄ	Biathlon A. KUPPELWIESER	Massage 4 A. ERTL	11:15 - 12:15
Mittagessen - Lunch time - Pranzo									
14:00 - 15:00	Country Dance T. BONIN	Fitness Package M. MAIR	Handballschoo 3 O. FORER	Life Kinetic 2* V. PIFFRADER	Table Tennis 3 H. OBERRAUCH	Woodball S. MAVREK	Biathlon * A. KUPPELWIESER	Video Bike B. CURT	14:00 - 15:00
15:15 - 16:15	Organ Gymnastic* W. GHIRARDINI	Surprise M. SUTTER			Beachvolleyball	Partner Yoga S. PENTTILÄ	Ultimate * M. ROMANO	Massage 5 A. ERTL	15:15 - 16:15
Jause - Coffee Time - Merenda									
16:45 - 17:30	All together with E. Bosca & D. Corinto								16:45 - 17:30
From 18:00	Official Evening								From 18:00