

move you!

# Presenter-Team 2010:



Balász Füzessy | Marcus Schweppe | Danny Arnold | José Martinez | Carol Lopez | Karo Wagner | Adriano Valentini | Traudi Pich | Sabine Wlodek | Sandra Leser | Bechir Fazani | Anette Geier | Peter Geier

IRON SYSTEM™

## B.O.M.-Events Sportfestival EXTRAS 2010:

**Körperlich und mental stärker im Alltag durch gesunde Ernährung und effektives Training mit Balász Füzessy.** Balász begleitet Dich eine Woche mit: Stoffwechselanalyse nach Metabolic Typing / Ernährungsplan / Trainingsplan basierend auf dem Gruppenfitnessangebot / Beratung bei den Mahlzeiten vor und nach den Stunden / zwei exklusive Crosstraining Stunden / Trainingstipps für zu Hause (ohne Hilfsmittel oder Zusatzgeräte)  
Infoabend: So. 05.09., Coaching 06.-10.09., Kosten: 150,00 Euro

**Physically and mentally more strong in the everyday life by healthy nutrition and effective training with Balász Füzessy.** Balász accompanies you during all the five event-days with: Metabolic Typing / Nourishing plan / Training programme / Consultation with the meals / Two exclusive Crosstraining lessons / Trainingstipps for at home  
Info evening: So. 05.09., coaching 06.-10.09., price: 150.00 Euro

**VINYASA Power Yoga Intensivworkshop mit Karo Wagner**  
Theorie & Praxis am Samstag, 11.09.2010, 10:00-14:00 Uhr, Studio  
Kosten: 49,00 Euro

**Aqua Spezial Workshop mit Sandra Leser**  
Theorie & Praxis am Samstag, 11.09.2010, 10:00-16:00 Uhr, Pool & Studio 2  
Kosten: 49,00 Euro

**VINYASA Power Yoga Intensive Workshop with Karo Wagner**  
Theory and practice, Saturday, 11.09.2010, 10am-2pm o'clock, studio  
Price: 49.00 Euro

**Aqua Spezial Workshop with Sandra Leser**  
Theory and practice, Saturday, 11.09.2010, 10am-4pm o'clock, pool & studio 2  
Price: 49.00 Euro



summer, beach, sport & fun... be on move...

[www.bomevents.com](http://www.bomevents.com)

B.O.M. Events  
Sportfestival 2010  
Mallorca  
5.-12.09.2010

Aerobic, wellness & dance week  
Mallorca bike programm  
EXTRA 2010



	Montag/Monday 06.09.10				Dienstag/Tuesday 07.09.10				Mittwoch/Wednesday 08.09.10				Donnerstag/Thursday 09.09.10				Freitag/Friday 10.09.10			
Time	Area 1	Area 2	Studio	Pool...	Area 1	Area 2	Studio	Pool...	Area 1	Area 2	Studio	Pool...	Area 1	Area 2	Studio	Pool...	Area 1	Area 2	Studio	Pool...
07:45-08:30 Beach					Wake Up Yoga <i>Traudi</i>				Yoga & Meditation <i>Traudi</i>				Strength & Flexibility <i>Balász</i>				Wake Up Yoga <i>Karo</i>			
09:15-10:15	Welcome Class <i>Event-T-Shirts</i>				HOT IRON™ 2 <i>Danny</i>	Strength & Flexibility <i>Balász</i>	Workshop Latin House <i>José</i>		IRON CROSS™ <i>Danny</i>	Workout Spain Style <i>Carol</i>	Workshop Step Ideas <i>Adriano</i>		HOT IRON™ 2 <i>Danny</i>	BodyArt <i>Marcus</i>	Workshop Aerobic Creative <i>Carol</i>		Schweppy Beatz <i>Marcus</i>	Functional Intensity Tr. <i>Balász</i>		
10:30-11:30	Aero Dance <i>Carol &amp; José</i>	Healthy Back Yoga <i>Sabine</i>			Step Cross Phrasing <i>Carol</i>	Creative-Toning <i>Adriano</i>			Dance Reggae <i>Jose</i>	Power Yoga <i>Sabine</i>			Capoeira Fit <i>Marcus</i>	VINYASA Power Yoga <i>Karo</i>			Step Vertical <i>Adriano</i>	Power Yoga <i>Sabine</i>	Workshop Schweppy Beatz Basic <i>Marcus</i>	
11:45-12:45	Crazy Step <i>José</i>	Functional Intensity Tr. <i>Balász</i>		Aqua Mix <i>Sandra</i>	Aerokick Fit <i>Bechir</i>			Aqua Dance <i>Sandra</i>	Aero Energy <i>Carol</i>	Body Styling <i>Bechir</i>		Aqua BBP <i>Sandra</i>	Reggaeton <i>Sabine</i>			Aqua Boxing <i>Sandra</i>	IRON CROSS™ <i>Danny &amp; Balász</i>	Pilates <i>Traudi</i>		Aqua Work <i>Sandra</i>
14:00-15:00	Zumba Fit <i>Traudi</i>				¾ Step <i>Adriano</i>		Cross-training <i>Balász</i>		Freestyle Dance <i>Bechir</i>				MEDICAL IRON™ <i>Danny</i>		Cross-training <i>Balász</i>		Bollywood <i>Traudi</i>			
15:15-16:15	HOT IRON™ 1 <i>Danny &amp; Balász</i>	FitBox Workout <i>Bechir</i>	Workshop House-moves <i>Jose</i>		Salsafitness <i>Sabine</i>	Back & Abdominal <i>Bechir</i>	Workshop Step Cross Phrasing <i>Carol</i>		Step Explosion <i>Balász</i>	Tone & Stretch <i>Adriano</i>			Step Energy <i>Carol</i>	Creative-Toning <i>Adriano</i>			Dynamic Step <i>Carol</i>	Move & Tone <i>Bechir</i>		
16:30-17:30	Step Light <i>Adriano</i>	Pilates <i>Traudi</i>		Nordic Walking <i>Sandra</i>	Dance Aerobic <i>José</i>	Hatha Yoga <i>Traudi</i>			Step Dancation <i>Danny</i>	Healthy Back <i>Sandra</i>			Step Symmetric <i>Adriano</i>	VINYASA Flow Yoga <i>Karo</i>	Nordic Walking <i>Sandra</i>		Dance Fusion <i>Danny</i>	Yoga Stretch & Relax <i>Karo</i>		
17:45-18:45	Latinissimo <i>Carol</i>	Sundown Stretch 30' <i>Traudi</i>			MEDICAL IRON™ <i>Danny</i>	BodyArt Stretch 45' <i>Sandra</i>			Dance Emotions <i>Balász</i>	Chi Yoga Stretch 45' <i>Traudi</i>			Moving Styles <i>Carol</i>	Dynamic Stretch 45' <i>Traudi</i>			Final Disco Fever <i>Marcus/Team</i>			

Änderungen und Irrtümer vorbehalten / Right to changes and errors reserved, Stand / as of: 03/10

A = für alle/for all  
M = Mittelstufe/intermediate / F = Fortgeschrittene/advanced  
E = Extra 2010  
W = Workshop je/each 23 Euro, Teilnehmerzahl begrenzt/attendance limited  
HOT IRON™ = Langhanteltraining

**Specials:** Nordic Walking, Lauftraining/running  
**Parties:** White Night Party, Poolnights mit Schnuppertanzkursen/with latin dancing courses  
**Radtouren/bike-trips:** Entdecke die Schönheit Mallorcas mit unseren Guides: täglich zwei Rennradtouren unterschiedliche Leistungsstufen mit top Mietbikes, 2010 erstmals auch von einem anderen Startpunkt der Insel, geführte Mountainbiketouren (Vorbuchung erforderlich) / two daily trips with our guides (racebike) and one mountainbike trip with our guides (booking necessary)

**Infos B.O.M. Office Mallorca:**  
Mehr Aktivitäten/more activities, welcome cocktail & parties, Radtouren/biketrips (2/Tag/day), Dancing, Ausflüge/excursions ...

**info & booking:**  
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