

SPORTFORUM MALS ITALY

18. JULI | JULY | LUGLIO 2015

Herzlich willkommen! A cordial welcome! Benvenuti!

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| 14.00 - 18.00 | ANMELDUNG
CHECK IN / REGISTRATION
REGISTRAZIONE |
| 18.45 - 19.30 | ERÖFFNUNGSFEIER, WELCOME DRINK / AULA MAGNA
OPENING CEREMONY, WELCOME DRINK / AULA MAGNA
CERIMONIA D'INAUGURAZIONE, WELCOME DRINK / AULA MAGNA |
| 19.30 | ABENDESSEN IM SCHULHOF
WELCOME DINNER IN THE SCHOOLYARD
CENA NEL CORTILE DELLA SCUOLA |
| 21.00 | ERÖFFNUNGSTÄNZE - WELCOME DANCES - DANZE DI BENVENUTO
MIT / WITH / CON ELISABETTA BOSCA & TIZIANA BONIN |
| 23.00 | MUSIK UND TANZ - MUSIC AND DANCE - MUSICA E BALLO
BÄREN-LOUNGE - HOTEL GRAUER BÄR |

Casual clothes

Alternative Programme: in the school lounge

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	CLASS ROOM 6			7	Time
07.30	⊙ TAI CHI with Lin Lain Li (Meeting Point)				⊙ Meditation „The muscles of your mind“ with Sari Penttilä				08.00
08.30 - 09.30	Country Fitness A. HOFER	Badminton 1 V. LEITER	Gymnastics with Materials Y. FURUKAWA	Rhythmic Gymn. Ribbon C. GRÖNHOLM	⊙ Taiji Balong Ball B. SCHMAILZL	8 Rugby /Soccer M. ROMANO	Meditaping Body Statics (de) D. SIELMANN	9 Breast Swimming B. BRENN	08.30 - 09.30
09.45 - 10.45	Burner Battle Field M. SUTTER	Life Kinetik 1 V. PIFFRADER	Basketball 1 J. ZOWNIR	Top Team B. CURT	⊙ Qi Gong B. SCHMAILZL	8 Flagfootball 1 A. LUMSDEN	Meditaping Body Statics (en) D. SIELMANN	9 Swimming 1 S. MAVREK	09.45 - 10.45
Jause - Coffee Time - Pausa									
11.15 - 12.15	Country Dance 1 T. BONIN	Hip Hop 1 C. GRÖNHOLM	Team Building TH. HAFENMAIR	Sport Climbing 1 J. NIEDERMAYR	8 Beach-Volleyball 1 G. FINK	8 Athletics Race K. HOLZNER	Massage 1 A. ERTL	L Natural Track Luge - KAMMERLANDER/GAMPER	11.15 - 12.15
Mittagessen - Lunch time - Pranzo									
13.30	⊙ Hydrotherapy and Sports - A. Daré (engl)								
14.00 - 15.00	Country Fitness* A. HOFER	Body Percussion 1 E. BOSCA	Burner Angry Birds M. SUTTER	Coach/Trainer/Referee C. SCHAUDT	8 Beach-Volleyball 2 G. FINK	8 Fistball 1 E. ALMHOFER	7 14:00 – 15:30 Pedalo - Fitness from head to toe	L Natural Track Luge - KAMMERLANDER/GAMPER	14.00 - 15.00
15.15 - 16.15	Party Dance 1 M. BAERT	Badminton 2 V. LEITER	Rhythmic Gymn. Rope C. GRÖNHOLM	Life Kinetik 2 V. PIFFRADER	5 Video Bike B. CURT	8 Fistball 2 E. ALMHOFER	Meditaping Body Statics (it) D. SIELMANN	⊙ Taiji Balong Ball* B. SCHMAILZL	15.15 - 16.15
Jause - Coffee Time - Merenda									
18.30	Official Evening Excursion (45') to the Village Garden Mals with Perfler Karl from the Meeting Point Official opening by the authorities Special Buffet Mals 2015 with Live Music from the 60s & 70s „Penny Lane“ (19:30) Traditional and casual clothes Alternative Programme: Glurns Club House								18.30

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3		CLASS ROOM 6		SWIMMING POOL	7	Time	
07.30	🕒 TAI CHI with Lin Lain Li (Meeting Point)				🕒 Meditation „The muscles of your mind“ with Sari Penttilä						08.00
08.30 - 09.30	Show Dance 1 C. GRÖNHOLM	Burner Top 10 Games M. SUTTER	Body Domino M. MAIR	Sport Climbing 2 J. NIEDERMAYR	7 8:30 - 10.00 Pedalo - Fitness from head to toe	8 Beach-Volleyball 3 G. FINK	Meditaping Neck & Shoulder D. SIELMANN	L Natural Track Luge - KAMMERLANDER /GAMPER	Acqua Gym D. NESPOLI	08.30 - 09.30	
09.45 - 10.45	Country Dance 2 T. BONIN	Badminton 1* V. LEITER		Neuomotor Learning 1 G. JUDMAYER	🕒 Qi Gong B. SCHMAILZL	8 Baseball /Soccer ROMANO/ZOWNIR	Meditaping Neck & Shoulder* D. SIELMANN	L Natural Track Luge - KAMMERLANDER /GAMPER	Swimming 2 S. MAVREK	09.45 - 10.45	
Jause - Coffee Time - Pausa											
11.15 - 12.15	Rock'n Roll 1 M. BAERT	Floorball Diversity A. KRASAUSKAS	Rhythmic Gymn. Hoop C. GRÖNHOLM	Speed Basket M. SUTTER	4 Yoga for teens S. PENTTILÄ	5 Video Bike* B. CURT	Massage 2 A. ERTL	L Natural Track Luge - KAMMERLANDER /GAMPER	H.I.I.T. Acqua Tabata D. NESPOLI	11.15 - 12.15	
13.30	🕒 Idroterapia e Sport - A. Daré (ital)				Mittagessen - Lunch time - Pranzo						PEDALO Presentation
14.00	A Folkdance 1 - E. BOSCA										
15.00	A Hip Hop 2 - C. GRÖNHOLM										
Sportwell											
16.30 - 17.30		Badminton 2* V. LEITER	Golf at School G. JUDMAYER	Smart Football 1 A. SEBASTIANI	Afro Dance 1 M. MBAYE	Taekwondo 1 M. GUBA	BeachVolleyball 4 G. FINK	Fistball 1* E. ALMHOFER	Swimming Indiv. Improving M. GASSER	16.30 - 17.30	
17.30 - 18.30		Badminton Tournaments V. LEITER	Golf at School G. JUDMAYER		Flow Yoga S. PENTTILÄ	Taekwondo 1* M. GUBA	Taiji Balong Ball* B. SCHMAILZL	Fistball 2* E. ALMHOFER	Crawl Swimming B. BRENN	17.30 - 18.30	
Jause - Coffee Time - Pausa											
18.45 - 19.45		Team Building* TH. HAFENMAIR	Weight Lifting A. LUMSDEN	Smart Football 1* A. SEBASTIANI	Afro Dance 2 M. MBAYE	Taekwondo 2 M. GUBA	BeachVolleyball 5 Tournament G. FINK	Ultimate M. ROMANO	Acqua Circuit D. NESPOLI	18.45 - 19.45	
20.15	Wellness Day Dinner at Sportwell, DJ Music & Beach Show (21:30) Bowling							Casual & swimming clothes Alternative Programme: Tennis Centre		20.15	

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4				Time
07:30	🎯 TAI CHI with Lin Lain Li (Meeting Point)				🎯 Meditation „The muscles of your mind“ with Sari Penttilä				08:00
08:30 - 09:30	Salsa/Merenge 1 M. BAERT	Olympic Winter Games M. MAIR	Show Dance 2 C. GRÖNHOLM	Neuromotor Learning 2 G. JUDMAYER	Happy Abdominal H. TSCHÖRNER	6 Meditaping Lower Body & Knee D. SIELMANN	8 Flag Football 2 A. LUMSDEN	9 Acqua Gym* D. NESPOLI	08:30 - 09:30
09:45 - 10:45	Burner Speed Handball M. SUTTER	Harmony Class A. KRASAUSKAS	Basketball 2 J. ZOWNIR	Top Team* B. CURT	Happy Abdominal* H. TSCHÖRNER	6 Afro Dance 3 M. MBAYE	8 Beach-volleyball 6 G. FINK	🎯 Standup Paddeling H. CHIUSOLE	09:45 - 10:45
Jause - Coffee Time - Pausa									
11:15 - 12:15	Folk Dance 2 E. BOSCA	Gymnastics in groups Y. FURUKAWA	Dodgeball S. MAVREK	Neuromotor Learning 1* G. Judmayer	Dynamic Yoga S. PENTTILÄ	7 Table Tennis 1 H. OBERRAUCH	8 Athletics Speed K. HOLZNER	🎯 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 Distillery, Visiting places of the second world war Walking tour (2.30') from Mals to Schluderns (Sonnensteig)								14:00 - 18:30
19:30	Artists Night Dinner in the Schoolyard Show Time with „Extra Art“ - Aula Magna (21:00) Life music at Lollo Pub with „Dirty Lovers“ (23:00) Casual clothes								19:30

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4				M	Time	
07.30	🕒 TAI CHI with Lin Lain Li (Meeting Point)				🕒 Meditation „The muscles of your mind“ with Sari Penttilä					08.00	
08.30 - 09.30	Salsa/Merenge 2 M. BAERT	Gymnastics with Giant Ball Y. FURUKAWA	T Inclusion 1 O. FORER	Rock & Water 1 H. VAN DEN BERG	Movement and Voice 1 D. CORINTO	🕒 Barefoot Moving R. FLIRI	8 Smart Football 2 A. SEBASTIANI	🕒 Happy Feet R. PIRHOFFER		08.30 - 09.30	
09.45 - 10.45	Core Stability W. GHIRARDINI	Team Building* TH. HAFENMAIR	Harmony Class* A. KRASAUSKAS	Neuromotor Learning 2* G. JUDMAYER	5 Weight Lifting A. LUMSDEN	🕒 Barefoot Moving* R. FLIRI	9 Swimming Sensitisation B. BRENN	T Sport-ernährung B. STRASSER (VSS)	R. PIRHOFFER & Team FEET CHECK	09.45 - 10.45	
Jause - Coffee Time - Pausa											
11.15 - 12.15	Country Dance 3 T. BONIN	Body Percussion 2 E. BOSCA	Inclusion 2 O. FORER	Burner Biathlon M. SUTTER A. KUPPELWIESER	Gentle Hatha S. PENTTILÄ until 12.45	6 Meditaping* Lower Body & Knee D. SIELMANN	8 Beach-Volleyball 7 G. FINK	T Sport-ernährung S. FIEGL (VSS)			11.15 - 12.15
Mittagessen - Lunch time - Pranzo											
14.00 - 15.00	Organ Gymnastics W. GHIRARDINI	Hitball 1 L. GIGANTE	Golf at School* G. JUDMAYER	8 Woodball S. MAVREK	Rio Abierto W. PIXNER	6 Meditaping Achill. T. & Subtalar D. SIELMANN	🕒 Happy Feet* R. PIRHOFFER	T Sport-ernährung D. PESTA (VSS)		14.00 - 15.00	
15.15 - 16.15	Party Dance 2 M. BAERT	Hitball 2 L. GIGANTE	Golf at School* G. JUDMAYER	Teaching/Coaching Practices Theory J. ZOWNIR	6 Massage 3 A. ERTL	🕒 Barefoot Moving* R. FLIRI	8 Smart Football 2* A. SEBASTIANI	8 Flag-football 1* A. LUMSDEN	FEET CHECK	15.15 - 16.15	
Jause - Coffee Time - Pausa											
16.30 - 17.30	Thai Yoga Massage S. PENTTILÄ until 17.45	Coach/Trainer/Referee C. SCHAUDT	Handball School 1 O. FORER	Mini Jungle B. CURT	Rio Abierto* W. PIXNER	6 Black Light Theatre 1 D. CORINTO	8 Athletics Race* K. HOLZNER	8 Baseball /Soccer* ROMANO/ZOWNIR	FEET CHECK	16.30 - 17.30	
From 19.30	Mals Live Dinner in the centre of Mals Live Music with the „Big Band Mals“ in the Centre Music and dance at Bären-Lounge - Hotel Grauer Bär (23.00)								Traditional Clothes Alternative Programme: Village Hall Mals	From 19.30	

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4					Time
07:30	🕒 TAI CHI with Lin Lain Li (Meeting Point)									07:30
08:30 - 09:30	Folk Dance 3 E. BOSCA	Dodge Ball* S. MAVREK	Life Kinetik 1* V. PIFFRADER	Sport Climbing 3 J. NIEDERMAYR	Movement and Voice 2 D. CORINTO	T Health Spine Theory W. GHIRARDINI	8 Flag-football 2* A. LUMSDEN	8 Smart Football 3 A. SEBASTIANI		08:30 - 09:30
09:45 - 10:45	Rock'n Roll 2 M. BAERT	Surprise Y. FURUKAWA	Handball School 2 O. FORER	Hitball 1* L. GIGANTE	8 Athletics Speed* K. HOLZNER	6 Massage 4 A. ERTL	8 Rugby /Soccer* M. ROMANO	🕒 Biathlon A. KUPPELWIESER		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	Integral Yoga S. PENTTILÄ UNTIL 12.45	6 Meditaping Achill. T. & Subtalar* D. SIELMANN	7 Table Tennis 2 H. OBERRAUCH	🕒 Biathlon* A. KUPPELWIESER		11:15 - 12:15
Mittagessen - Lunch time - Pranzo										
14:00 - 15:00	Country Dance 4 T. BONIN	Fitness Package M. MAIR	Handball School 3 O. FORER	Life Kinetik 2* V. PIFFRADER	5 Video Bike* B. CURT	6 Black Light Theatre 2 D. CORINTO	8 Woodball Tournament S. MAVREK	8 Smart Football 3* A. SEBASTIANI		14:00 - 15:00
15:15 - 16:15	Organ Gymnastics* W. GHIRARDINI	Surprise M. SUTTER		Rock & Water 2 H. VAN DEN BERG	Partner Yoga S. PENTTILÄ until 16.30	6 Massage 5 A. ERTL	7 Table Tennis 3 H. OBERRAUCH	8 Ultimate* M. ROMANO		15:15 - 16:15
Jause - Coffee Time - Merenda										
16:45 - 17:30	All together with E. Bosca & D. Corinto									16:45 - 17:30
From 19:15	Farewell Evening Village Hall Mals – Special Dinner Our special performances on stage (20:30) & Live music with „Andy & Fabio“ Traditional and formal clothes									From 19:15