

SPORTFORUM MALS ITALY

22. JULI | JULY | LUGLIO 2017

Herzlich willkommen! A cordial welcome! Benvenuti!

14.00 - 18.00

ANMELDUNG
CHECK IN / REGISTRATION
REGISTRAZIONE

18.45 - 19.30

ERÖFFNUNGSFEIER MIT PROGRAMMVORSCHAU / AULA MAGNA
OPENING CEREMONY WITH PROGRAMME PREVIEW / AULA MAGNA
CERIMONIA D'INAUGURAZIONE - ANTEPRIMA DEL PROGRAMMA / AULA MAGNA

19.30

ABENDESSEN IM SCHULHOF
WELCOME DINNER IN THE SCHOOLYARD
CENA NEL CORTILE DELLA SCUOLA

21.00

SÜDTIROLER TÄNZE - SOUTH TYROLEAN DANCES - DANZE SUDTIROLESI

Alternative Programme: in the school lounge
Dress Code: Casual clothes

Sonntag - Sunday - Domenica, 23.07.2017

The programme is subject to updates!

PROGRAMM | PROGRAMME | PROGRAMMA

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4	ATHLETIC STADION 8	SWIMMING POOL		Time	
07.30	🕒 TAI CHI with LIN LAIN LI (Meeting Point)									07.30
08.00	🕒 Breathing Practices leading to silent meditation with SARI PENTTILÄ (Meeting Point)									08.00
08.30 - 09.30	Lindy Hop M. BAERT	Rotating People B. CURT	Volleyball G. FINK	Falling Body 1 C. PEREGO	Creative Percussion 1 BOSCA / BERNARDI	Fistball 1 E. ALMHOFER	Football 1 A. SEBASTIANI	Liveguard Drills 1 R.GRUIN	🕒 Life Kinetik 1 V. PIFFRADER	08.30 - 09.30
09.45 - 10.45	Modern Dance 1 M. ZAKANY	Zumba™ A. HOFER	Burner Acrobatics Beginners M. MONA MARTI	Piloxing® 1 H. ÖMAN	Smovey Basics R. CANCURA	Fistball 2 E. ALMHOFER	Frisbee M. ROMANO	Liveguard Drills 2 R.GRUIN	5 Weight Lifting D. LUMSDEN	09.45 - 10.45
Jause - Coffee Time - Pausa										
11.15 - 12.15	Parallel Bars K. HEIM	Burner Breaking R. NEUHAUS	Salsation® 1 A. CUSTODIO	Smolball® 1 J. SMOLINSKI	Yoga for you S. PENTTILÄ	Games for Athletics K. HOLZNER	Rugby N. GARRATT	6 Meditaping 1 D. SIELMANN	5 Crossfit 1 M. HILLEBRAND	11.15 - 12.15
Mittagessen - Lunch time - Pranzo										
14.00 - 15.00	Parallel Bars* K. HEIM	Strong by Zumba™ 1 A. CUSTODIO	Basketball 1 J. ZOWNIR	Smolball® 2 J. SMOLINSKI	Abdominal Workout A. HOFER	11 SNAG 1 O. BATUTIS	Football 2 A. SEBASTIANI	🕒 Table Song 1 BOSCA/BERNARDI	🕒 Life Kinetik 2 V. PIFFRADER	14.00 - 15.00
15.15 - 16.15	Dance Composition 1 R. FANNI	Rhythmic gymn. with balls C. GRÖNHOLM	Burner Hunger Games M. SUTTER	Piloxing® 2 H. ÖMAN	Smovey Sport & School R. CANCURA	11 SNAG 2 O. BATUTIS	Rugby* N. GARRATT	6 Sign from the Body C. PEREGO	5 Crossfit 2 M. HILLEBRAND	15.15 - 16.15
Jause - Coffee Time - Pausa										
16.30 - 17.30	Modern Dance 2 M. ZAKANY	Salsation® 2 A. CUSTODIO	Burner Acrobatics Beginners* M. MONA MARTI	Burner Power Moves R. NEUHAUS	Abdominal Workout* A. HOFER	Beachvolley 1 G. FINK	6 Meditaping 2 D. SIELMANN	10 Wrestling K. HEIM		16.30 - 17.30
From 17.30	WELLNESS NIGHT AT THE SPORTWELL 17:30 Sauna + Swimming 19:30 Dinner in the Sportwell Center 21:00 Music with DJ Toro 22:30 Typical Snacks								From 17.30	
							Casual & swimming clothes Alternative Programme: Tennis Centre			

Montag - Monday - Lunedì, 24.07.2017

The programme is subject to updates!

PROGRAMM | PROGRAMME | PROGRAMMA

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4	ATHLETIC STADION 8	SWIMMING POOL	ROOM 10	Time	
07.30	🕒 TAI CHI with Lin Lain Li (Meeting Point)									07.30
08.00	🕒 Mindfulness Meditation with SARI PENTTILÄ (Meeting Point)									08.00
08.30 - 09.30	Burner Power Moves * R. NEUHAUS	Hip Hop C. GRÖNHOLM	Burner Acrobatics Intermediate M. MONA MARTI	Burner Top 10 Games M. SUTTER	Yoga for Teens S. PENTTILÄ	Football 3 A. SEBASTIANI	American Football N. GARRATT	⁵ Crossfit 1 * M. HILLEBRAND	Wrestling * K. HEIM	08.30 - 09.30
09.45 - 10.45	Strong by Zumba™ 1 A. CUSTODIO	Piloxing® 1 H. ÖMAN	Small Handball School 1 O. FORER	Volleyball 2 G. FINK	Smovey Dance R. CANCURA	Olympic Games for Students K. HOLZNER	Rugby Soccer M. ROMANO	Acqua Circuit D. GIURIATO	Brazilian Jiu Jitsu 1 A. FEDERICO	09.45 - 10.45
Jause - Coffee Time - Pausa										
11.15 - 12.15	Merengue M. BAERT	Reejam A. HOFER	Basketball 2 J. ZOWNIR	Smolball® 1 J. SMOLINSKI	🕒 Barefoot Moving R. FLIRI	Football 4 A. SEBASTIANI	⁶ Meditaping 3 D. SIELMANN	Acqua decathlon D. GIURIATO	Self defence 1 A. FEDERICO	11.15 - 12.15
Mittagessen - Lunch time - Pranzo										
14.00 - 15.00	Salsation® 2 A. CUSTODIO	Balancing B. CURT	Donut Hockey M. SUTTER	Burner Breaking * R. NEUHAUS	🕒 Barefoot Moving * R. FLIRI	Fistball 1 * E. ALMHOFER	⁶ Meditaping 4 D. SIELMANN	Acqua Suspension D. GIURIATO	⁵ Crossfit 2 * M. HILLEBRAND	14.00 - 15.00
15.15 - 16.15	Modern Dance 3 M. ZAKANY	Piloxing® 2 H. ÖMAN	Small Handball School 2 O. FORER	Smolball® 2 J. SMOLINSKI	Yoga for Teens * S. PENTTILÄ	Fistball 2 * E. ALMHOFER	American Football * N. GARRATT	Acqua decathlon * D. GIURIATO	Brazilian Jiu Jitsu 2 A. FEDERICO	15.15 - 16.15
Jause - Coffee Time - Pausa										
16.30 - 17.30	Disco Party M. BAERT	Strong by Zumba™ 2 A. CUSTODIO	Burner Acrobatics Intermediate * M. MONA MARTI	Horizontal Bar K. HEIM	Smovey Massage R. CANCURA	⁵ Weight Lifting D. LUMSDEN	⁶ Sports-massage 1 A. ERTL	🕒 Barefoot Moving * R. FLIRI	Self defence 2 A. FEDERICO	16.30 - 17.30
From 19.00	Official Opening at the FÜRSTENBURG 19:00 Start to the FÜRSTENBURG 19:30 Special Buffet Mals 2017 with Live Music + Choral 20:00 - 23:00 Duo Casal 20:45 + 22:00 Südtiroler Chorensemble Formal or traditional country clothes									From 19.00

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4	MEETING POINT	CLASS ROOM 6	SWIMMING POOL	PLACE 11	Time
07.30	🎯 TAI CHI with Lin Lain Li (Meeting Point)									07.30
08.00	🎯 Meditation with Mantra/Prayer with SARI PENTTILÄ (Meeting Point)									08.00
08.30 - 09.30	Dance Composition 2 R. FANNI	Reejam * A. HOFER	Small Handball School 3 O. FORER	Horizontal Bar * K. HEIM	Smovey Basics * R. CANCURA	🎯 Bike at school M. VEDOVATO	🎯 Standup Paddeling H. CHIUSOLE	Acqua Circuit * D. GIURIATO	Archery CH. KASERER	08.30 - 09.30
09.45 - 10.45	Lindy Hop * M. BAERT	Show Dance C. GRÖNHOLM	Basketball 3 J. ZOWNIR	Burner Acrobatics Advanced M. MONA MARTI	Creative Percussion 2 BOSCA/BERNARDI	🎯 Bike at school * M. VEDOVATO	Sports-massage 2 A. ERTL	Acqua Suspension * D. GIURIATO	Archery * CH. KASERER	09.45 - 10.45
Jause - Coffee Time - Pausa										
11.15 - 12.15	Zumba™ * A. HOFER	Rotating People * B. CURT	Donut Hockey * M. SUTTER	Falling Body 1 * C. PEREGO	Yoga Flow S. PENTTILÄ	8 Football 5 A. SEBASTIANI	Meditaping 5 D. SIELMANN	8 Beach-volley 2 G. FINK	Archery * CH. KASERER	11.15 - 12.15
Mittagessen - Lunch time - Pranzo										
14.00 - 18.30	Culture Trips Standup Paddeling, Canoeing, Bike Tour, Indoor Climbing Culture Trip: Visit to a Whisky Distillery, Visit to the Churburg, Hiking									14.00 - 18.30
19.30	Mals Live 19:30 Dinner and Party at the village center of Mals with Big Band Music 20:30 Speaking corners with famous SOUTHTYROLEAN SPORT CHAMPIONS 23:00 - 02:00 - DJ Music at Grauer Bär									19.30

Mittwoch - Wednesday, Mercoledì, 26.07.2017

The programme is subject to updates!

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Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4	ATHLETIC STADION 8	MEETING POINT	Time				
07:30	TAI CHI with Lin Lain Li (Meeting Point)								07:30			
08:00	Walking Meditation with SARI PENTTILÄ (Meeting Point)								08:00			
08:30 - 09:30	Street Racket Presentation	Modern Dance 4 M. ZAKANY	Burner Speed Basket M. SUTTER	Street Racket M. STRAUB	Obstacle Course C. SCHAUDT	Smovey Sport & School * R. CANCURA	Standup Paddeling * H. CHIUSOLE	6 Medi-taping 6 D. SIELMANN	S Swimming 1 M. NGALIOMA	Bike at school * M. VEDOVATO	R. PIRHOFFER & TEAM Feet Check	08:30 - 09:30
09:45 - 10:45	Street Racket Presentation	Dance Composition 3 R. FANNI	Swing Bajano P. BARRETO	Small Handball School 4 O. FORER	Burner Acrobatics Advanced * M. MONA MARTI	9 Skate-board 1 P. ZANVETTOR	Beachvolley 3 G. FINK	T VSS	8 Baseball Soccer M. ROMANO	Bike at school * M. VEDOVATO	R. PIRHOFFER & TEAM Feet Check	09:45 - 10:45
Jause - Coffee Time - Pausa												
11:15 - 12:15	STREET RACKET	Hip Hop * C. GRÖNHOLM	Capoeira P. BARRETO	Basketball 4 J. ZOWNIR	Teambuilding T. HAFENMAIR	Partner Yoga S. PENTTILÄ UNTIL 12.30	Football 6 A. SEBASTIANI	T VSS	6 Medi-taping 7 D. SIELMANN	Bike at school * M. VEDOVATO	FEET CHECK	11:15 - 12:15
Mittagessen - Lunch time - Pranzo												
14:00 - 15:00	Street Racket Presentation	Modern Dance 5 M. ZAKANY	Swing Bajano * P. BARRETO	Small Handball School 5 O. FORER	Burner Biathlon A. KUPPELWIESER	9 Falling Body 2 C. PEREGO	11 SNAG 1 * O. BATUTIS	T VSS	L Natural Track Luge PIGNETER/CLARA	Bike at school * M. VEDOVATO	R. PIRHOFFER & TEAM Feet Check	14:00 - 15:00
15:15 - 16:15	Street Racket Presentation	Salsa M. BAERT	Capoeira * P. BARRETO	Volleyball 3 G. FINK	Life Kinetik 1 * V. PIFFRADER	9 Skate-board 1 * P. ZANVETTOR	11 SNAG 2 * O. BATUTIS	Standup Paddeling H. CHIUSOLE	L Natural Track Luge PIGNETER/CLARA	Bike at school * M. VEDOVATO	R. PIRHOFFER & TEAM Feet Check	15:15 - 16:15
Jause - Coffee Time - Pausa												
16:30 - 17:30	STREET RACKET	Show Dance * C. GRÖNHOLM	Juggling B. CURT	Basketball 5 J. ZOWNIR	Bench and Music O. BATUTIS	Smovey Dance * R. CANCURA	9 Skate-board 2 P. ZANVETTOR	8 Woodball T. MING HSIEN	6 Sports-massage 3 A. ERTL	Bike at school * M. VEDOVATO	FEET CHECK	16:30 - 17:30
From 19:00	Music and Sports night 19:00 Dinner in the Schoolyard 20:00 - 22:00 Tournament: 1st Donut Hockey International Open 21:00 Classical summer concert in the Aula Magna with „Duo Crepaldi - Bruni“ (violin and piano) 23:00 - 02:00 Live Music at the Lollo Pub										From 19:00	
Casual or sports clothes												

Donnerstag - Thursday - Giovedì, 27.07.2017

The programme is subject to updates!

PROGRAMM | PROGRAMME | PROGRAMMA

Time	GYM HALL A	GYM HALL 1	GYM HALL 2	GYM HALL 3	GYM HALL 4	ATHLETIC STADION 8	CLASS ROOM 6	NATURAL TRACK		Time
07.30	TAI CHI with Lin Lain Li (Meeting Point)									07.30
08.00	Meditation with Sound of Music with SARI PENTTILÄ (Meeting Point)									08.00
08.30 - 09.30	CONTEMPORARY DANCE C. GRÖNHOLM	Dance Composition 4 R. FANNI	Juggling * B. CURT	Football for elementary school T. HAFENMAIR	Creative Percussion 1* BOSCA/BERNARDI	Olympic games for students * K. HOLZNER	S Swimming 2 M. Ngalioma	L Natural Track Luge * PIGNETER/CLARA	Street Racket Presentation	08.30 - 09.30
09.45 - 10.45	Modern Dance 6 M. ZAKANY		Burner Speed Handball M. SUTTER	Fascia Roll H. BAUR	Teaching/Coaching Pract. Th. T J. ZOWNIR	Woodball * T. MING HSIEN	Meditaping 8 D. SIELMANN	L Natural Track Luge * PIGNETER/CLARA		09.45 - 10.45
Jause - Coffee Time - Pausa										
11.15 - 12.15	Torball F. GATSCHER	Teambuilding * T. HAFENMAIR	Balancing * B. CURT	Fascia Roll * H. BAUR	Thai Yoga Massage S. PENTTILÄ UNTIL 12.30	Beachvolley 4 G. FINK	Meditaping 9 D. SIELMANN	L Natural Track Luge * PIGNETER/CLARA	STREET RACKET	11.15 - 12.15
Mittagessen - Lunch time - Pranzo										
14.00 - 15.00	Torball * F. GATSCHER	Bench and Music * O BATUTIS	Life Kinetik 2 * V. PIFFRADER	Obstacle Course * C. SCHAUDT	Falling Body 2* C. PEREGO	Woodball Tournament T. MING HSIEN	Sportsmassage 4 A. ERTL	8 Frisbee * M. ROMANO	Street Racket Presentation	14.00 - 15.00
15.15 - 16.15	Party Dance * M. BAERT	Rhythmic gymn. with balls* C. GRÖNHOLM	Burner Acrobatics Flashmob M. MONA MARTI	Burner Biathlon * A. KUPPELWIESER	Smovey Massage * R. CANCURA		Sportsmassage 5 A. ERTL			15.15 - 16.15
Jause - Coffee Time - Pausa										
16.30 - 17.30	All Together - BOSCA/BERNARDI									16.30 - 17.30
From 19.30	Farewell evening - The great final at the Kulturhaus Mals 19:30 Special Dinner 20:30 Our special performances on stage 21:30 - 00:30 Live music with Sax Martl									From 19.30
										Traditional and formal clothes