



TUI BLUE Fitness & Leisure Instructor Group Fitness B-License



CET	Topic	Trainer
09:00-10:00	Welcome to your BLUEfit® training 2022 Introduction Trainer & Get to know you Intro to BLUEfit® Standards, Expectation & Job Role	David
10:00–13:00	Welcome and introduction, practice the 5 Warm Up Videos, "GF Fundamentals" Video Pages, Music Theory, practice with the videos	Mathias
13:00-14:00	Lunch	
14:00-18:00	Welcome & Discussion of this education & content Job profile - Group Fitness nowadays Music theory & practice & cueing, MASTERCLASS Toning Bodyweight, discussion masterclass & structure of different courses Being a role model & professional behavior	Mathias
Homework	Cueing (visual & verbal), read & watch videos pages Warm up : read and practice videos Pages Practicing cueing & Music on your own.	

27.05.2022



TUI BLUE Fitness & Leisure Instructor Group Fitness B-License



CET	Topic	Trainer
09:00-13:00	Music training II Groups, Theory: body alignment & posture, theory & practice Warm up & Aerobic movements , preparing a Warmup, review of the Warmups	Mathias
13:00-14:00	Lunch	
14:00-18:00	MASTERCLASS strength class with weights, theory: exercises for different muscle groups in group training without & with equipment, preparing a strength class no Equipment, review of the strength classes	Mathias
Homework	Practising teaching exercises of your strength class, Aerobic: read and practice videos	

28.05.2022



TUI BLUE Fitness & Leisure Instructor Group Fitness B-License



CET	Topic	Trainer
09:00-13:00	Preparing a strength class no equipment, review of the strength classes, practice strength training, MASTERCLASS Basic Aerobic	Mathias
13:00-14:00	Lunch	
14:00-18:00	Theory & Practice how to create an Aerobics sequence, plan an Aerobic class, review of the Aerobic classes	Mathias
Homework	Practicing teaching Aerobics	

29.05.2022



TUI BLUE Fitness & Leisure Instructor BLUEf!t



CET	Topic	Trainer
09:00-10:00	HIIT & Circuit	David
10:00-11:00	TUI Blue & BLUEf!t	
11:00-12:00	Role & Gym	
12:00-13:00	Programme	
13:00-14:00	Lunch	
14:00-15:00	Scheduling	David
15:00-16:00	Session Guidance	
16:00-17:00	WOW Music	
17:00-18:00	Relaxation Journey	



30.05.2022



TUI BLUE Fitness & Leisure Instructor BLUEf!t



CET	Topic	Trainer
09:00-13:00	Aqua Fit	David
13:00-14:00	Lunch	
14:00-17:00	Flow The Beat	Mia
17:00-18:00	Practice Teaching in Groups	
Homework	Prepare in groups: One song for Aqua Fit One song for Flow the Beat	

31.05.2022



TUI BLUE Fitness & Leisure Instructor Group Fitness



CET	Topic	Trainer
	Self practice Group Fitness	

01.06.2022



TUI BLUE Fitness & Leisure Instructor Group Fitness B-License



CET	Topic	Trainer
09:00-13:00	MASTERCLASS Core 3D, concept of Core 3D and how to plan a class, preparing a Core 3D class, Review of the Core 3D lasses	Mathias
13:00-14:00	Lunch	
14:00-18:00	Theory: motivation & corrections in group training & practicing that, practise: teaching Core 3D exercise, Theory & Practice: Cool Down & Stretch, preparing a stretch part, review of the stretch part	Mathias
Homework	Practising teaching Core 3D, Practising teaching Stretching	

02.06.2022



TUI BLUE Fitness & Leisure Instructor Group Fitness B-License



CET	Topic	Trainer
09:00-13:00	Theory: Circuit Training, H.I.T., H.I.I.T. Theory: Basics & definition of Functional Training The performance pyramid, the Performance Trainer concept, MASTERCLASS Performance Training	Mathias
13:00-14:00	Lunch	
14:00-18:00	The Performance Trainer concept & Program design, Warm up design Performance Circuit Class design 1&2, Preparing a Perf. Tr. Class, review of the Perf. Tr. classes Theory: Coaching skills, Equipment knowledge & usage	Mathias
Homework	Practice: create your Performance Trainer class & practice teaching it	

03.06.2022



TUI BLUE Fitness & Leisure Instructor Group Fitness B-License



CET	Topic	Trainer
09:00-13:00	Review and Practice: Workout (with & without equipment), Core 3D, full class for every topic and practical preparation for the exam	Mathias
13:00-14:00	Lunch	
14:00-18:00	Review and Practice: Aerobics, Circuit Training, Performance Training ,full class for every topic and practical preparation for the exam	Mathias
Homework	Exam preparation & possible catch-up topic	

04.06.2022



TUI BLUE Fitness & Leisure Instructor Yoga



CET	Topic	Trainer
09:00-13:00	Introduction, Masterclass Yoga	Franzi
13:00-14:00	Lunch	
14:00-18:00	Yoga	Franzi

05.06.2022



TUI BLUE Fitness & Leisure Instructor Yoga



CET	Topic	Trainer
09:00-12:00	Fascia Training (TUI BLUE FOR TWO / SENSATORI)	Franzi
12:00-13:00	Lunch	
13:00-18:00	Pilates	Franzi

06.06.2022

CET	Topic	Trainer
09:00-13:00	Welcome, Get to know each other, etiquette, expectations, agenda What is POWER DUMBELL® Brief explanation of the POWER DUMBELL® training concept Basic POWER DUMBELL® Masterclass Instructions regarding set-up of equipment, safety rules, basic technic, POWER DUMBELL® specific training model (anatomy very briefly) Technique training basic exercise including practice	Franziska Piel
12:30-13:30	Lunch	
13:30-18:00	POWER DUMBELL® Music training part 1, Music structure & practice exercises. Warm up and cool down / mobilization / stretching, Stretching warm up. Exercises are fixed, repetitions are flexible mobilization / stretching (for myofascial chains). Music training part 2. Safety rules, pre-instructions, weight, recommendation, homework for the evening	Franziska Piel
Homework	Practice Intro and Warm up	

07.06.2022



TUI BLUE Fitness & Leisure Instructor BLUEf!t



CET	Topic	Trainer
09:00-13:00	Self practice Group Fitness	
13:00-14:00	Lunch	
14:00-15:00	BLUEf!t Camp	Lars
15:00-16:00	Toning Band	
16:00-17:00	Progressive Muscular Relaxation	
17:00-18:00	Autogenic Training	

08.06.2022



TUI BLUE Fitness & Leisure Instructor BLUEf!t



CET	Topic	Trainer
09:00-10:00	Stretch & Relax	David
10:00-11:00	Nordic Walk & Jog	
11:00-12:00	Aqua Boards	
12:00-13:00	Aqua Boards	
13:00-14:00	Lunch	
14:00-15:00	Instructors Virtual Teaching Practice – Aqua Fit	David
15:00-16:00	Instructors Virtual Teaching Practice – FlowTheBeat	
16:00-17:00	Instructors Virtual Teaching Practice – HIIT	
17:00-18:00	Expectations	

09.06.2022



TUI BLUE Fitness & Leisure Instructor POWER DUMBELL®



CET	Topic	Trainer
09:00-12:30	POWER DUMBELL® Welcome, open questions. Basic POWER DUMBELL® class, Warm-up, 9 exercises, mobilization / stretching "Exercise kit" part 1 Practice of exercise, technique, key word method, particularities	Franziska Piel
12:30-13:30	Lunch	
13:30-18:00	Masterclass made of the "exercise kit" Rules for using the exercise kit/modular system. Preparation of one masterclass using the "exercise kit" Technique training: practice technique & cueing, Debriefing, exams discussion, feedback	Franziska Piel
Homework	Practise PD class sequence	

26.06.2022