



TUI BLUE Fitness & Leisure Instructor
Group Fitness B-License Face to Face Training



CET	Topic	Trainer	Room
09:00-13:00	Repeat Content from Online day 1-2 Music practice etc.... Preparing a strength class no equipment, review of the strength classes, Practice strength training, MASTERCLASS Toning with Equipment	Domi Toppmöller & Mathias Naujocks	Conference Room
13:00-14:00	Lunch		Restaurant
14:00-18:30	Theory & Practice how to create an Aerobics sequence, Short Example of Aerobic Freestyle Plan an Aerobic class, Review of the Aerobic classes	Domi Toppmöller & Mathias Naujocks	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-21:00	Practicing teaching Aerobics in Groups and with partners	Domi Toppmöller & Mathias Naujocks	Conference Room

20.04.2022



TUI BLUE Fitness & Leisure Instructor
Group Fitness B-License



CET	Topic	Trainer	Room
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	Domi Toppmöller & Mathias Naujocks	Conference Room
13:00-14:00	Lunch		Restaurant
14:00-18:30	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	Domi Toppmöller & Mathias Naujocks	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-21:00	Practising teaching Core 3D, Practising teaching Stretching	Domi Toppmöller & Mathias Naujocks	Conference Room

21.04.2022



TUI BLUE Fitness & Leisure Instructor
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CET	Topic	Trainer	Room
09:00-13:00	Theory: Circuit Training, H.I.T., H.I.I.T. Theory: Basics & definition of Functional Training The performance pyramide & the Performance Trainer concept, MASTERCLASS Performance Training	Domi Toppmöller & Mathias Naujocks	Conference Room
13:00-14:00	Lunch		Restaurant
14:00-18:30	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	Domi Toppmöller & Mathias Naujocks	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-21:00	Practice: create your Performance Trainer class & practice teaching it	Domi Toppmöller & Mathias Naujocks	Conference Room

22.04.2022



TUI BLUE Fitness & Leisure Instructor
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CET	Topic	Trainer	Room
09:00-13:00	Review and Practice: Workout (with & without equipment), Core 3D, Full class for every topic and practical preparation for the exam	Domi Toppmöller & Mathias Naujocks	Conference Room
13:00-14:00	Lunch		Restaurant
14:00-18:30	Review and Practice: Aerobics, Circuit Training, Performance Training Full class for every topic and practical preparation for the exam	Domi Toppmöller & Mathias Naujocks	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-21:00	Exam preparation & possible catch-up topic	Domi Toppmöller & Mathias Naujocks	Conference Room

23.04.2022



TUI BLUE Fitness & Leisure Instructor
Group Fitness B-License



CET	Topic	Trainer	Room
09:00-13:00	Practical exam and personal feedback	Domi Toppmöller & Mathias Naujocks	Conference Room
13:00-14:00	Lunch		Restaurant
14:00-18:30	practical exam and personal Feedback	Domi Toppmöller & Mathias Naujocks	Conference Room
18:30-19:30	Dinner		Restaurant



24.04.2022

Good luck!



TUI BLUE Fitness & Leisure Instructor
Fitness Concept



CET	Topic	Trainer	Room
09:00-13:00	Fascia training	Franziska Piel	Conference Room
13:00-14:00	Lunch		Restaurant
14:00-18:30	Pilates	Franziska Piel	Conference Room
18:30-19:30	Dinner		Restaurant

25.04.2022



TUI BLUE Fitness & Leisure Instructor
Yoga Day



CET	Topic	Trainer	Room
10:00-11:30	Yoga	Franziska	Conference Room
11:30-12:00	Break		
12:00-13:30	Yoga	Franziska	Conference Room
13:30-14:30	Lunch		Restaurant
14:30-16:00	Yoga	Franziska	Conference Room
16:00-16:30	Break		
16:30-18:30	Yoga	Franziska	Conference Room
18:30	Dinner		Restaurant

26.04.2022

CET	Topic	Trainer	Room
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		Indoor Fitness Area
13:00-14:00	Lunch		Restaurant
14:00-18:30	POWER DUMBELL® Music training part 1, Music structure & practice exercises. Warm up and cool down / mobilisation / stretching, Stretching Warm up Exercises are fixed, repetitions are flexible mobilisation / stretching (for myofacial chains). Music training part 2. Safety rules, pre-instructions, weight, recommendation, homework for the evening	Franziska Piel	Indoor Fitness Area
18:30-19:30	Dinner		Restaurant
19:30-21:00	Practice Intro & Warm up		Indoor Fitness Area

27.04.2022

CET	Topic	Trainer	Room
10:45-11:30	Nordic Walking	David & Lars	Conference Room
11:30-12:00	Break		
12:00-13:30	Aqua Fit	David & Lars	Outdoor Pool
13:30-14:30	Lunch		Restaurant
14:30-16:00	Aqua Balance Boards	David	Outdoor Pool
16:00-16:30	Break		
16:30-18:00	AT & PMR	Lars	Conference Room
18:00-18:45	Flow The Beat	Mia	Conference Room
18:45	Dinner		Restaurant

28.04.2022

CET	Topic	Trainer	Room
08:30-09:30	Flow The Beat	Mia	Conference Room
09:30-10:00	Break		
10:00-10:45	Yoga	Mia	Conference Room
10:45-11:30	Toning Band Workout	Lars	Conference Room
11:30-12:00	Break		
12:00-13:30	Aqua Fit	David & Lars	Outdoor Pool
13:30-14:30	Lunch		Restaurant
14:30-15:15	H.I.I.T.	David	Conference Room
15:15-16:00	Circuits	David	Conference Room
16:00-16:30	Break		
16:30-18:00	BLUEfit Camp	David & Lars	Conference Room
18:00-18:45	Pilates	Mia	Conference Room
18:45	Dinner		Restaurant

29.04.2022

CET	Topic	Trainer	Room
08:30-09:30	Flow The Beat	Mia	Conference Room
09:30-10:00	Break		
10:00-10:45	Yoga	Mia	Conference Room
10:45-11:30	Toning Band Workout	Lars	Conference Room
11:30-12:00	Break		
12:00-13:30	Aqua Fit	David & Lars	Outdoor Pool
13:30-14:30	Lunch		Restaurant
14:30-15:15	Practical Delivery	David	Conference Room
15:15-16:00	Relaxation Journey Masterclass	David	Conference Room
16:00-16:30	Break		
16:30-17:15	Basic BLUEfit Gym Training	David & Lars	Conference Room
17:15-18:00	BLUEfit Expectation		Conference Room
18:00-18:45	Pilates	Mia	Conference Room
19:30	Gala-Dinner		Restaurant

30.04.2022