



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 Preparing a strength class no equipment, review of the strength classes, Practice strength training, MASTERCLASS Basic Aerobic	Jutta Schuhn Dominika Toppmöller Mathias Naujocks David Alvarez	Conference Room
13:00-14:00	Lunch		Restaurant
14:00-18:30	Theory & Practice how to create an Aerobics sequence, Plan an Aerobic class, Review of the Aerobic classes	Jutta Schuhn Dominika Toppmöller Mathias Naujocks	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-21:00	Practicing teaching Aerobics in Groups and with partners	Jutta Schuhn Dominika Toppmöller Mathias Naujocks	Conference Room

11.03.2022



TUI BLUE Fitness & Leisure Instructor
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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	Jutta Schuhn Dominika 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	Jutta Schuhn Dominika Toppmöller Mathias Naujocks	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-21:00	Practising teaching Core 3D, Practising teaching Stretching	Jutta Schuhn Dominika Toppmöller Mathias Naujocks	Conference Room



12.03.2022



TUI BLUE Fitness & Leisure Instructor
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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 pyramide & the Performance Trainer concept, MASTERCLASS Performance Training	Jutta Schuhn Dominika 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	Jutta Schuhn Dominika Toppmöller Mathias Naujocks	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-21:00	Practice: create your Performance Trainer class & practice teaching it	Jutta Schuhn Dominika Toppmöller Mathias Naujocks	Conference Room



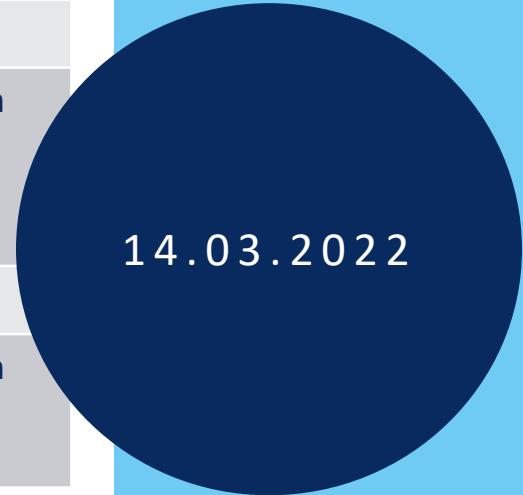
13.03.2022



TUI BLUE Fitness & Leisure Instructor
Group Fitness B-License



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	Jutta Schuhn Dominika 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	Jutta Schuhn Dominika Toppmöller Mathias Naujocks	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-21:00	Exam preparation & possible catch-up topic	Jutta Schuhn Dominika Toppmöller Mathias Naujocks	Conference Room



14.03.2022



TUI BLUE Fitness & Leisure Instructor
Group Fitness B-License



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

Good luck!

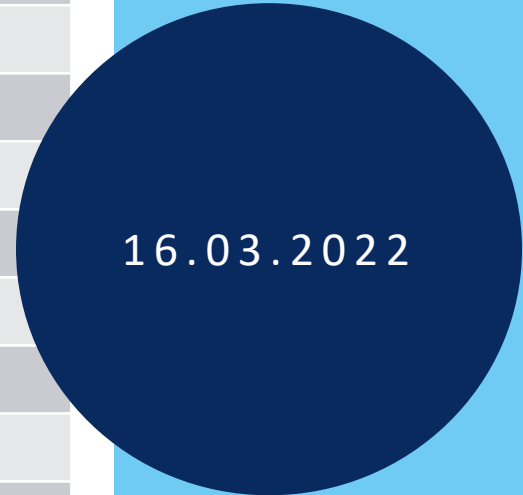
15.03.2022



TUI BLUE for Families
Fitness & Leisure Instructor



CET	Topic	Trainer	Room
10:00-10:30	Opening	David, Lars & Alona	Saloon
10:30-11:30	BLUEfit Camp	Lars	Outdoor Fitness
11:30- 12:00	Break		
12:00-13:30	Aqua Fit	Lars	Outdoor Pool
13:30-14:30	Lunch		Restaurant
14:30-15:15	H.I.I.T.	Lars	Outdoor Fitness
15:15-16:00	TUI Flow the Beat Soul	Alona	Saloon
16:00-16:30	Break		
16:30-17:15	Toning Band Workout	Lars	Outdoor Fitness
17:15-18:00	Pilates	Alona	Saloon
18:30-19:30	Dinner		Restaurant
19:30-20:15	BLUEfit@ night Yoga	Alona	Saloon
20:15-21:00	Task/ Homework		



16.03.2022

CET	Topic	Trainer	Room
08:30-09:30	Yoga	Alona	Saloon
09:30-10:00	Break		
10:00-11:30	#BLUEfit For Families	Ryan / David	Outdoor Fitness
11:30- 12:00	Break		
12:00-13:30	Aqua Fit practice session	Lars & David	Outdoor Pool
13:30-14:30	Lunch		Restaurant
14:30-15:15	H.I.I.T	Lars & David	Outdoor Fitness
15:15–16:00	TUI Flow the Beat Energy	Alona	Saloon
16:00-16:30	Break		
16:30-17:15	Pilates	Alona	Saloon
17:15-18:00	Functional Workout Masterclass	Tina	Outdoor Fitness
18:30-19:30	Dinner		Restaurant
19:30-20:15	BLUEfit Gym Training	Lars & David	Gym
	Task / Homework		

17.03.2022



TUI BLUE for Families
Fitness & Leisure Instructor



CET	Topic	Trainer	Room
08:30-09:30	Yoga	Alona	Saloon
09:30-10:00	Break		
10:00-10:45	BLUEfit® Camp Practise Session	David & Lars	Outdoor Fitness
10:45 – 11:30	Toning Band Practice	Lars & David	Outdoor Fitness
11:30- 12:00	Break		
12:00-13:30	Aqua Fit Practice Session	Lars & David	Outdoor Pool
13:30-14:30	Lunch		Restaurant
14:30-15:15	Circuit Masterclass	Lars & David	Outdoor Fitness
15:15-16:00	TUI Flow the Beat Practice Session	Alona	Saloon
16:00-16:30	Break		
16:30-17:15	Functional Workout Practice Session	Tina	Outdoor Fitness
17:15-18:00	Pilates	Alona	Saloon
18:30-19:30	Dinner		Restaurant
19:30- 20:15	Relaxation Journey Masterclass	David	Saloon
	Task / Homework		

18.03.2022



TUI BLUE for Families
Fitness & Leisure Instructor
Concept Day



CET	Topic	Trainer	Room
08:30-09:30	Yoga Praxis	Alona	Saloon
09:30-10:00	Break		
10:00-10:45	Circuits	David & Lars	Outdoor Fitness
10:45-11:30	Functional Workout Practice Session	Tina	Outdoor Fitness
11:30-12:00	Break		
12:00-13:30	A week in a Life of a Fitness & Leisure Instructor	Ryan, Ivo, Charley	Saloon
13:30-14:30	Lunch		Restaurant
14:30-16:00	Introduction to Daytime Entertainment	Ryan, Ivo, Charley	Saloon
16:00-16:30	Break		
16:30-18:30	Introduction to Light Evening Entertainment	Ryan, Ivo, Charley	Saloon
18:30-19:30	Dinner		Restaurant
19:30-20:15	Concept Specific Requirements	Ryan, Ivo, Charley	Saloon



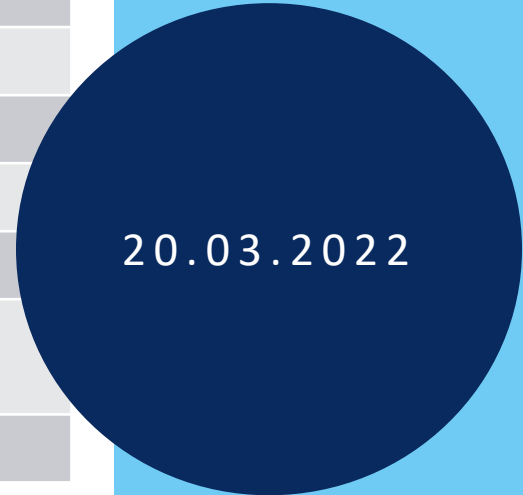
19.03.2022



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
18:30-19:00	Time to Shine / Change for Gala Dinner		
19:00	Gala Dinner		Restaurant



20.03.2022