



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	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

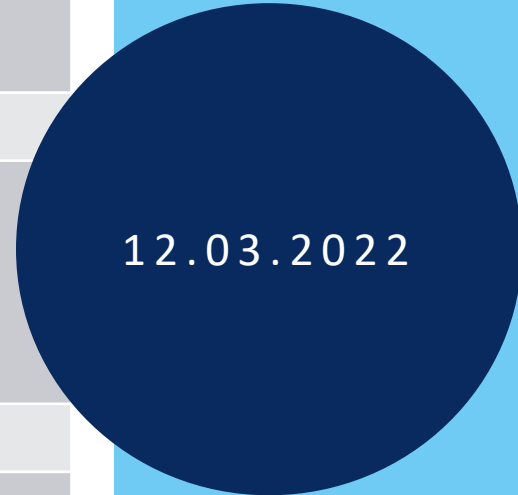
11.03.2022



TUI BLUE Fitness & Leisure Instructor  
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	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	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	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

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	Franziska Piel Jutta Schuhn	Conference Room
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 Jutta Schuhn	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-21:00	Practice Intro & Warm up		Conference Room

16.03.2022



TUI BLUE Fitness & Leisure Instructor  
POWER DUMBELL®



CET	Topic	Trainer	Room
09:00-13:00	Open questions Basic POWER DUMBELL® class (everybody presents one exercise, some might present twice) Warm-up, 9 exercises, mobilisation / stretching "Exercise kit" part 1 Practice of exercise, technique, key word method, particularities	Franziska Piel Jutta Schuhn	Conference Room
13:00-14:00	Lunch		Restaurant
14:00-18:30	Masterclass made of the "exercise kit" Rules for using the exercise kit/modular system Preparation of one masterclass using the "exercise kit" in groups (after the workshop, everybody should know 3 masterclasses: 1 basic masterclass, 1 modified masterclass and a self-created masterclass Technique training In groups of two: practice technique & cueing Debriefing, exams discussion, feedback	Franziska Piel Jutta Schuhn	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-21:00	Practice PD class sequence		Conference Room

17.03.2022



TUI BLUE Fitness & Leisure Instructor  
POWER DUMBELL®



CET	Topic	Trainer	Room
09:00-13:00	Demonstration Power Dumbell in Groups Repetition of main contents and exact preparations	Franziska Piel Jutta Schuhn	Conference Room
13:00-14:00	Lunch		Restaurant
14:00-18:30	Theory & practical exam	Franziska Piel Jutta Schuhn	Conference Room
18:30-19:30	Dinner		Restaurant

18.03.2022

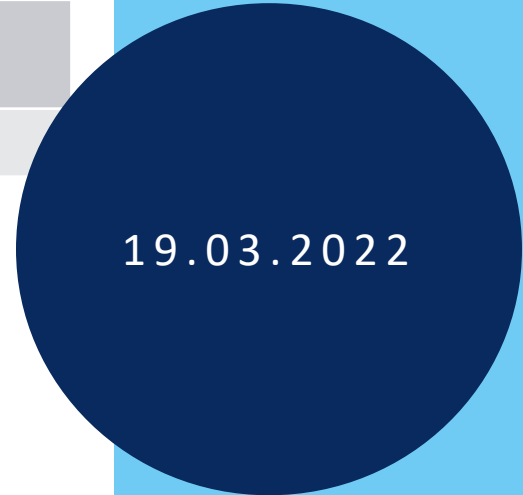




TUI BLUE Fitness & Leisure Instructor  
Fitness Concept



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



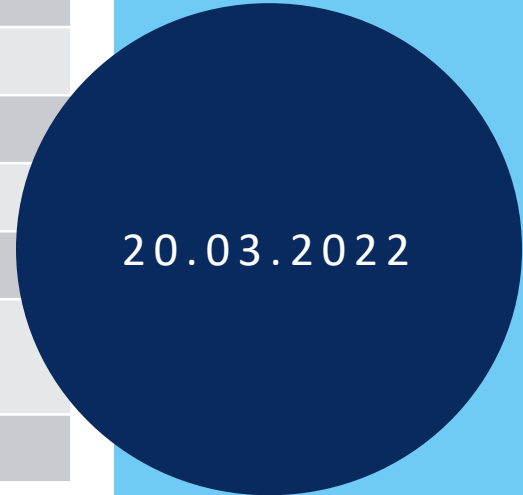
19.03.2022



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



## TUI BLUE Fitness & Leisure Instructor



CET	Topic	Trainer	Room
08:30-09:30	TUI Flow the Beat	Alona	Conference Room
09:30-10:00	Break		
10:00-10:45	Nordic Walking	Tina	Entrance Saloon
10:45-11:30	Yoga Praxis	Alona	Saloon
11:30-12:00	Break		
12:00-13:30	Aqua Fit Praxis	Lars & Tina	Outdoor Pool
13:30-14:30	Lunch		Restaurant
14:30-16:00	TUI Flow the Beat	Alona	Outdoor Fitness
16:00-16:30	Break		
16:30-17:15	Toning Band Workout	Lars	Outdoor Fitness
17:15-18:00	Pilates	Alona	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-20:15	Basic BLUEfit Gym Training	Lars	Gym
20:15-21:00	Task / Homework		

21.03.2022

CET	Topic	Trainer	Room
08:30-09:30	TUI Flow the Beat	Alona	Conference Room
09:30-10:00	Break		
10:00-10:45	BLUEfit Camp Masterclass	David & Lars	Outdoor Fitness
10:45-11:30	Functional Workout Practice Session	David & Lars	Outdoor Fitness
11:30-12:00	Break		
12:00-13:30	Aqua Fit	Lars & David	Outdoor Pool
13:30-14:30	Lunch		Restaurant
14:30-15:15	H.I.T.T.	David & Lars	Outdoor Fitness
15:15-16:00	Circuit	David & Lars	Outdoor Fitness
16:00-16:30	Break		
16:30-17:15	AT & PMR Masterclass	Lars & David	Conference Room
17:15-18:00	Pilates	Alona	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-20:15	BLUEfit@Night Yoga	Alona	Conference Room
20:15-21:00	Task / Homework		

22.03.2022



## TUI BLUE Fitness & Leisure Instructor



CET	Topic	Trainer	Room
08:30-09:30	Yoga	Alona	Conference Room
09:30-10:00	Break		
10:00-10:45	BLUEfit Camp Practice Session	David & Lars	Outdoor Fitness
10:45-11:30	Functional Workout	David & Lars	Outdoor Fitness
11:30-12:00	Break		
12:00-13:30	Aqua Fit	Lars & David	Outdoor Pool
13:30-14:30	Lunch		Restaurant
14:30-16:00	Aqua Balance Boards	David	Conference Room Outdoor Pool
16:00-16:30	Break		
16:30-17:15	AT & PMR Masterclass	Lars	Conference Room
17:15-18:00	Pilates	Alona	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-20:15	Relaxation Journey Masterclass	David	Saloon
20:15-21:00	Task / Homework		

23.03.2022



## BLUEfit® & BLUE® Experiences



CET	Topic	Trainer	Room
10:00 – 11:30	Welcome to TUI BLUE For Two, Standards, BLUE App	Ulrike Finger & Jana Gawin	Business Center
11:30 – 12:00	Break		
12:00 – 13:00	CSQology	TBD	Business Center
13:00 – 14:00	Lunch		Restaurant
14:00 – 15:30	Presenting 1	TBD	Business Center Amphitheatre Disco / Saloon
15:30 – 16:00	Break		
16:00 – 17:30	16:00 - 16:45 Meet your EDTM 16:45 - 17:30 All around Music	TBD	Business Center
17:30 – 18:00	Break		
18:00 – 19:30	Sundowner	EDTMs	Snack Restaurant
19:30	Dinner		Restaurant
20:30 – 23:00	World Cafe Evenings	TBD	Disco /Business Center/ Amphitheatr e/ Saloon /

24.03.2022

CET	Topic	Trainer	Room
10:00 – 11:30	PR & Guestrelation	TBD	Business Center / Saloon Disco / Amphitheatre
11:00 – 11:30	Break		
12:00 – 13:00	THINK	Ulrike Finger & Jana Gawin	Business Center
13:00 – 14:00	Lunch		Restaurant
14:00 – 15:30	Presenting 2	TBD	Business Center / Disco Saloon / Amphitheatre
15:30 – 16:00	Break		
16:00 – 17:30	Bonkerz Bingo	TBD	Disco
17:30 – 18:00	Break		
18:00 – 18:45	Publicity & Promotion	TBD	Business Center/ Disco Saloon / Amphitheatre
18:45 – 19:30	Break / Getting ready for the evening		
19:30 – 20:30	Gala Dinner		Restaurant
20:30 – 23:00	The Roaring 20s	TBC, EDTMs	Disco

25.03.2022