



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

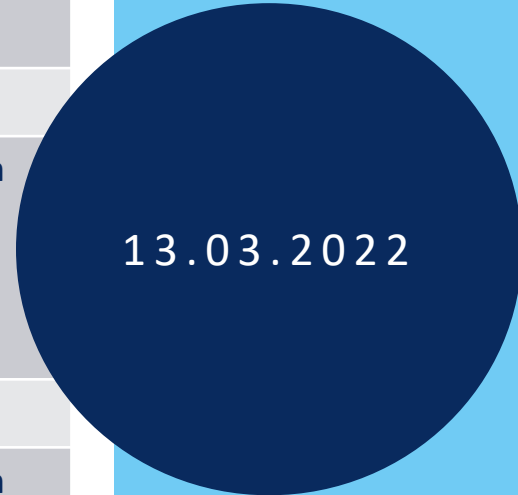
12.03.2022



TUI BLUE Fitness & Leisure Instructor
Group Fitness B-License



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

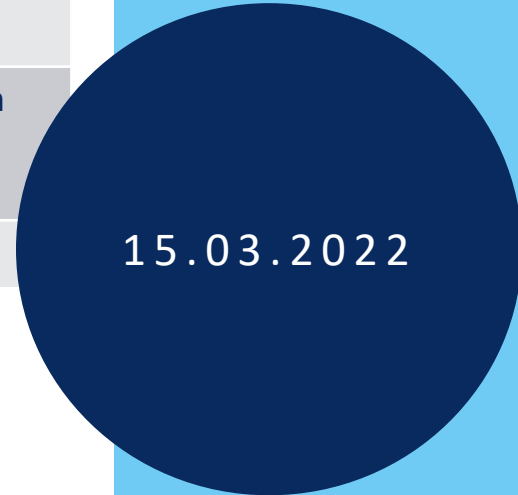


TUI BLUE Fitness & Leisure Instructor
Group Fitness B-License



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!



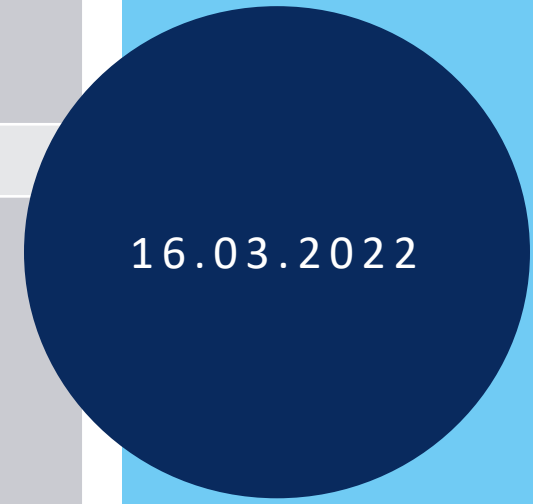
15.03.2022



TUI BLUE Fitness & Leisure Instructor
POWER DUMBELL®



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



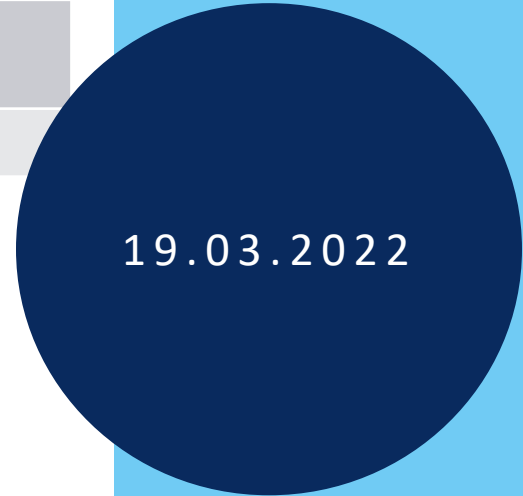
18.03.2022



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	Pilates	Franziska Piel	Conference Room
18:30-19:30	Dinner		Restaurant



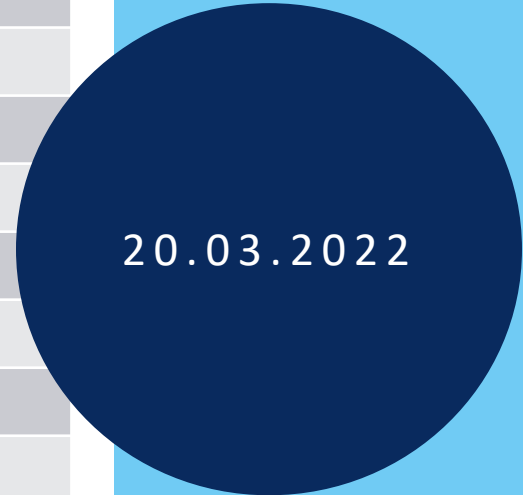
19.03.2022



TUI BLUE Fitness & Leisure Instructor
Yoga Day



CET	Topic	Trainer	Room
08:00-09:30	Archery	David	Archery Court
09:30-10:00	Break		
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	Archery	David	Archery Court
09:30-10:00	Break		
10:00-10:45	Archery	David	Saloon
10:45-11:30	Yoga Praxis	Alona	Saloon
11:30-12:00	Break		
12:00-13:30	Aqua Fit	Lars & Tina	Outdoor Pool
13:30-14:30	Lunch		Restaurant
14:30-16:00	#BLUEfit For Families	David	Football Court
16:00-16:30	Break		
16:30-17:15	Toning Band	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 45min	Lars	Gym
20:15-21:00	Task / Homework		

21.03.2022

CET	Topic	Trainer	Room
08:30-09:30	Archery	David	Archery Court
09:30-10:00	Break		
10:00-10:45	BLUEfit Camp Masterclass	David & Lars	Outdoor Fitness
10:45-11:30	Functional Workout Practice Session	Lars & David	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.I.T.	David & Lars	Outdoor Fitness
15:15-16:00	Circuit	Lars & David	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 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
14:30-16:00	Aqua Balance Boards Theory	David	Conference Room Outdoor Pool
16:00-16:30	Break		
16:30-17:15	AT & PMI Practice Session	Lars	Conference Room
17:15-18:00	Pilates	Alona	Conference Room
18:30-19:30	Dinner		Restaurant
19:30-21:00	Relaxation Journey Masterclass	David	Saloon

23.03.2022