

TUI BLUE Sensatori- Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome	ALL	Conference Room
09:00 - 10:30	Archery	Concept Trainer	Conference Room
10:30 - 10:45	BREAK		
10:45 - 12:15	Archery	Concept Trainer	Range
12:15 - 13:30	LUNCH		
13:30 - 15:00	Archery	Concept Trainer	Conference Room
15:00 - 15:15	BREAK		
15:15 - 16:45	Archery	Concept Trainer	Range
16:45 - 17:00	BREAK		
17:00 - 18:30	Archery Knockout	Concept Trainer	Sports Court
18:30 - 20:00	DINNER		
20:00 - 22:00	Entertainment Training	Concept Trainer	Main Conf. Room #1



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CET	Topic	Trainer	Room
08:30 - 09:00	Meeting	ALL	Conference Room
09:00 - 10:30	Family Sports & Fitness	Concept Trainer	Platform
10:30 - 10:45	BREAK		
10:45 - 12:15	Family Sports & Fitness	Concept Trainer	Platform
12:15 - 13:30	LUNCH		
13:30 - 15:00	Aqua Boards	Concept Trainer	Indoor Pool
15:00 - 15:15	BREAK		
15:15 - 16:45	Aqua Boards	Concept Trainer	Indoor Pool
16:45 - 17:00	BREAK		
17:00 - 18:30	Aqua Boards	Concept Trainer	Indoor Pool
18:30 - 20:00	DINNER		
20:00 - 22:00	Team Show	ALL	Main Conf. Room #1



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CET	Topic	Trainer	Room
08:30 - 09:00	Meeting	ALL	Conference Room
09:00 - 10:30	Entertainment & Daytime	ALL	Various
10:30 - 10:45	BREAK		
10:45 - 12:15	Entertainment & Daytime	ALL	Various
12:15 - 13:30	LUNCH		
13:30 - 15:00	Entertainment & Daytime	ALL	Various
15:00 - 15:15	BREAK		
15:15 - 16:45	Entertainment & Daytime	ALL	Various
16:45 - 17:00	BREAK		
17:00 - 18:30	Entertainment & Daytime	ALL	Various
18:30 - 20:00	DINNER		
20:00 - 22:00	Team Show	ALL	Main Conf. Room #1

Thursday 9th
March 2023

TUI BLUE Sensatori– Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



CET	Topic	Trainer	Room
08:30 - 09:00	Meeting	ALL	Conference Room
09:00 - 10:30	Entertainment & Daytime	ALL	Various
10:30 - 10:45	BREAK		
10:45 - 12:15	Entertainment & Daytime	ALL	Various
12:15 - 13:30	LUNCH		
13:30 - 15:00	Entertainment & Daytime	ALL	Various
15:00 - 15:15	BREAK		
15:15 - 16:45	Entertainment & Daytime	ALL	Various
16:45 - 17:00	BREAK		
17:00 - 18:30	Q & A	ALL	Main Conf. Room #1
20:00 – 22:00	GALA DINNER		

Friday 10th
March 2023

TUI BLUE Sensatori– Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



TRAVEL DAY
Travelling to Masmavi

Saturday 11th
March 2023



TUI BLUE Sensatori- Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome		Conference Room
09:00 – 12:15	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, Jutta Schuhn & Mathias Naujocks	Conference Room
12:15 - 13:30	LUNCH		
13:30 – 18:00	Theory & Practice how to create an Aerobics sequence, Short Example of Aerobic Freestyle Plan an Aerobic class, Review of the Aerobic classes	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room
18:00 - 18:30	Stretch & Relax Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practicing teaching Aerobics in Groups and with partners	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room

Sunday 12th
March 2023



TUI BLUE Sensatori– Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome		Conference Room
09:00 – 12:15	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, Jutta Schuhn & Mathias Naujocks	Conference Room
12:15 - 13:30	LUNCH		
13:30 – 18:00	General guidelines for a healthy back class Theory: motivation & corrections in group training & practicing that, Practise: teaching Core 3D exercise and healthy back Theory & Practice: Cool Down & Stretch, Preparing a stretch part, review of the stretch part	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room
18:00 - 18:30	Stretch & Relax Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practicing teaching Core 3D / Healthy back Practicing teaching Stretching	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room



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Face to Face Training Agenda (New to Role)



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome		Conference Room
09:00 – 12:15	<p>MASTERCLASS: Functional Bodyworkout Theory: basics of a bodyworkout class and disining it</p> <p>Pracitce: create a Functional Bodyworkout class Review of the class</p> <p>Theory: Circuit Training & H.I.I.T.</p>	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room
12:15 - 13:30	LUNCH		
13:30 – 18:00	<p>Step Training STEP MASTERCLASS Basic steps and how to set up an easy cardio part in Step training</p>	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room
18:00 - 18:30	<p>Stretch & Relax Yoga - Relaxation Journey</p>	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practice: create your Step class & practice teaching it	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room



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Face to Face Training Agenda (New to Role)



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome		Conference Room
09:00 – 12:15	Review and Practice: Workout (with & without equipment), Core 3D/ Healthy Back Full class for every topic and practical preparation for the exam	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room
12:15 - 13:30	LUNCH		
13:30 – 18:00	Review and Practice: Aerobics, Step, Circuit Training, Full class for every topic and practical preparation for the exam	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room
18:00 - 18:30	Stretch & Relax Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Exam preparation & possible catch-up topic	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room

Wednesday
15th March
2023



TUI BLUE Sensatori– Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome		Conference Room
09:00 – 12:15	Practical exam and personal feedback	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room
12:15 - 13:30	LUNCH		
13:30 – 18:00	Practical exam and personal Feedback	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room
18:00 - 18:30	Stretch & Relax Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practice	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room

Thursday 16th
March 2023



TUI BLUE Sensatori– Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



CET	Topic	Trainer	Room
08:30 - 09:00	Welcome		Conference Room
09:00 – 12:15	Functional Training - What is Functional Training and what is the difference MASTERCLASS FUNCTIONAL TRAINING - Fundamental Moves and the exercises behind it - Functional Training in Group Fitness - Typical Functional Equipment and Equipment knowledge & usage	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room
12:15 - 13:30	LUNCH		
13:30 – 18:00	Class design for Functional class Theory: Coaching skills, Safety skills, Class timing etc. Preparing a Functional Tr. Class, Review of the Functional Tr. classes	Domi Toppmöller, Jutta Schuhn & Mathias Naujocks	Conference Room
18:00 - 18:30	Stretch & Relax Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		

Friday 17th
March 2023

TUI BLUE Sensatori- Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



CET	Topic	Trainer	Room
08:30 - 09:00	Meeting		Conference Room
09:00 - 10:30	Practice	Own Practice	Conference Room
10:30 - 10:45	BREAK		
10:45 - 12:15	Practice	Own Practice	Conference Room
12:15 - 13:30	LUNCH		
13:30 - 15:00	Practice	Own Practice	Conference Room
15:00 - 15:15	BREAK		
15:15 - 16:45	Practice	Own Practice	Conference Room
16:45 - 17:00	BREAK		
17:00 - 18:00	Practice	Own Practice	Conference Room
18:00 - 18:30	Practice	Own Practice	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practice	Own Practice	Conference Room

Saturday 18th
March 2023

TUI BLUE Sensatori– Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



CET	Topic	Trainer	Room
08:30 - 09:00	Meeting		Conference Room
09:00 - 10:30	Aqua Practical	Concept Trainer	Conference Room
10:30 - 10:45	BREAK		
10:45 - 12:15	Aqua Pool	Concept Trainer	Indoor Pool
12:15 - 13:30	LUNCH		
13:30 - 15:00	Aqua Practical	Concept Trainer	Conference Room
15:00 - 15:15	BREAK		
15:15 - 16:45	Aqua Delivery	Concept Trainer	Conference Room
16:45 - 17:00	BREAK		
17:00 - 18:00	Recap & Review	ALL	Conference Room
18:00 - 18:30	Stretch & Relax / Yoga – Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practice	Own Practice	Conference Room

Sunday 19th
March 2023

TUI BLUE Sensatori– Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



CET	Topic	Trainer	Room
08:30 - 09:00	Meeting		Conference Room
09:00 - 10:30	Aqua Practical	Concept Trainer	Conference Room
10:30 - 10:45	BREAK		
10:45 - 12:15	Aqua Pool	Concept Trainer	Indoor Pool
12:15 - 13:30	LUNCH		
13:30 - 15:00	Aqua Practical	Concept Trainer	Conference Room
15:00 - 15:15	BREAK		
15:15 - 16:45	Aqua Delivery	Concept Trainer	Conference Room
16:45 - 17:00	BREAK		
17:00 - 18:00	Recap & Review	ALL	Conference Room
18:00 - 18:30	Stretch & Relax / Yoga – Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practice	Own Practice	Conference Room

Monday 20th
March 2023

TUI BLUE Sensatori– Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



CET	Topic	Trainer	Room
08:30 - 09:00	Meeting		Conference Room
09:00 - 10:30	Yoga	Concept Trainers	Conference Room
10:30 - 10:45	BREAK		
10:45 - 12:15	Yoga Delivery	Concept Trainers	Conference Room
12:15 - 13:30	LUNCH		
13:30 - 15:00	Pilates	Concept Trainers	Conference Room
15:00 - 15:15	BREAK		
15:15 - 16:45	Pilates	Concept Trainers	Conference Room
16:45 - 17:00	BREAK		
17:00 - 18:00	Recap & Review	ALL	Conference Room
18:00 - 18:30	Stretch & Relax / Yoga – Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER		
20:00 - 22:00	Practice	Own Practice	Conference Room



TUI BLUE Sensatori- Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



CET	Group	Topic	Trainer	Room
08:30 - 09:00	ALL	Welcome		Conference Room
09:00 - 10:30	Group 1	Toning Band	Concept Trainer	Classroom
	Group 2	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
	Group 3	Fascia Fit	Concept Trainer	Conf. Room (Left Side)
	Group 4	Pilates	Concept Trainer	Conf. Room (Right Side)
10:30 - 10:45	BREAK			
10:45 - 12:15	Group 1	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
	Group 2	Fascia Fit	Concept Trainer	Conf. Room (Left Side)
	Group 3	Pilates	Concept Trainer	Conf. Room (Right Side)
	Group 4	Toning Band	Concept Trainer	Classroom
12:15 - 13:30	LUNCH			
13:30 - 15:00	Group 1	Fascia Fit	Concept Trainer	Conf. Room (Left Side)
	Group 2	Pilates	Concept Trainer	Conf. Room (Right Side)
	Group 3	Toning Band	Concept Trainer	Classroom
	Group 4	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
15:00 - 15:15	BREAK			
15:15 - 16:45	Group 1	Pilates	Concept Trainer	Conf. Room (Right Side)
	Group 2	Toning Band	Concept Trainer	Classroom
	Group 3	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
	Group 4	Fascia Fit	Concept Trainer	Conf. Room (Left Side)
16:45 - 17:00	BREAK			
17:00 - 18:00	ALL	Recap & Review	ALL	Conference Room
18:00 - 18:30	ALL	Stretch & Relax / Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER			
20:00 - 22:00	ALL	Practice	Own Practice	Conference Room



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Face to Face Training Agenda (New to Role)



CET	Group	Topic	Trainer	Room
08:30 - 09:00	ALL	Welcome		Conference Room
09:00 - 10:30	Group 1	Core & Back	Concept Trainer	Classroom
	Group 2	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
	Group 3	BLUEfit® Camp	Concept Trainer	Outdoors
	Group 4	Relaxation Journey & PMR	Concept Trainer	Conference Room
10:30 - 10:45	BREAK			
10:45 - 12:15	Group 1	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
	Group 2	BLUEfit® Camp	Concept Trainer	Outdoors
	Group 3	Relaxation Journey & PMR	Concept Trainer	Conference Room
	Group 4	Core & Back	Concept Trainer	Classroom
12:15 - 13:30	LUNCH			
13:30 - 15:00	Group 1	BLUEfit® Camp	Concept Trainer	Outdoors
	Group 2	Relaxation Journey & PMR	Concept Trainer	Conference Room
	Group 3	Core & Back	Concept Trainer	Classroom
	Group 4	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
15:00 - 15:15	BREAK			
15:15 - 16:45	Group 1	Relaxation Journey & PMR	Concept Trainer	Conference Room
	Group 2	Core & Back	Concept Trainer	Classroom
	Group 3	Teaching - Aqua (Dry)	Concept Trainer	Football Pitch
	Group 4	BLUEfit® Camp	Concept Trainer	Outdoors
16:45 - 17:00	BREAK			
17:00 - 18:00	ALL	Recap & Review	ALL	Conference Room
18:00 - 18:30	ALL	Stretch & Relax / Yoga - Relaxation Journey	Concept Trainer	Conference Room
18:30 - 20:00	DINNER			
20:00 - 22:00	ALL	Practice	Own Practice	Conference Room

Thursday 23rd
March 2023

TUI BLUE Sensatori– Fitness & Leisure Instructor

Face to Face Training Agenda (New to Role)



CET	Group	Topic	Trainer	Room
08:30 - 09:00	ALL	Welcome		Conference Room
09:00 - 10:30	Group 1	Teaching Day – Yoga	Concept Trainer	Classroom
	Group 2	Teaching Day – Functional Training	Concept Trainers	Football Pitch
	Group 3	Teaching Day – Aqua (Pool)	Concept Trainer	Indoor Pool
	Group 4	Teaching Day – Pilates	Concept Trainer	Conference Room
10:30 - 10:45	BREAK			
10:45 - 12:15	Group 1	Teaching Day – Functional Training	Concept Trainers	Football Pitch
	Group 2	Teaching Day – Aqua (Pool)	Concept Trainer	Indoor Pool
	Group 3	Teaching Day – Pilates	Concept Trainer	Conference Room
	Group 4	Teaching Day – Yoga	Concept Trainer	Classroom
12:15 - 13:30	LUNCH			
13:30 - 15:00	Group 1	Teaching Day – Aqua (Pool)	Concept Trainer	Indoor Pool
	Group 2	Teaching Day – Pilates	Concept Trainer	Conference Room
	Group 3	Teaching Day – Yoga	Concept Trainer	Classroom
	Group 4	Teaching Day – Functional Training	Concept Trainers	Football Pitch
15:00 - 15:15	BREAK			
15:15 - 16:45	Group 1	Teaching Day – Pilates	Concept Trainer	Conference Room
	Group 2	Teaching Day – Yoga	Concept Trainer	Classroom
	Group 3	Teaching Day – Functional Training	Concept Trainers	Football Pitch
	Group 4	Teaching Day – Aqua (Pool)	Concept Trainer	Indoor Pool
16:45 - 17:00	BREAK			
17:00 - 18:00	ALL	Q&A – Standards and Expectations	ALL	Conference Room
18:30 - 20:00	GALA DINNER			

Friday 24th
March 2023