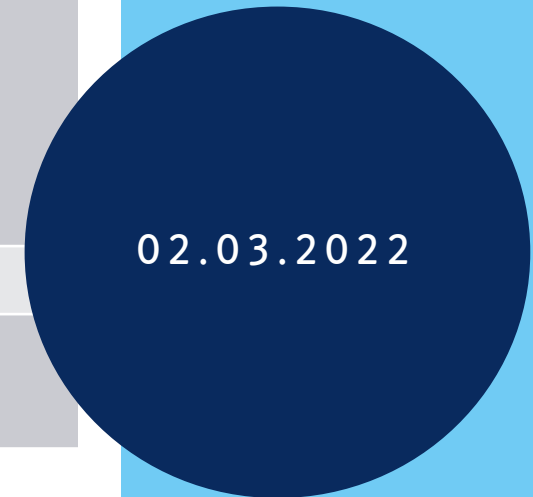




TUI BLUE Fitness & Leisure Instructor
Group Fitness B-License Online Training



CET	Topic	Trainer
09:00-13:00	Welcome and introduction, practice the 5 Warm Up Videos, "GF Fundamentals" Video Pages Music Theory, practice with the videos	Jutta Schuhn Dominika Toppmoeller
13:00-14:00	Lunch	
14:00-18:00	Welcome & Discussion of this education & content Job profile - Group Fitness nowadays Music theory & practice & cuening MASTERCLASS Toning Bodyweight Discussion masterclass & structure of different courses Being a role model & professional behaviour	Jutta Schuhn Dominika Toppmoeller
18:00-19:30	Dinner	
19:30-21:00	Cueing (visual & verbal), read & watch videos pages: D: 28-34 E: 29-34 Warm up : read and practice videos pages: D: 37ff E: 40ff Practicing cueing & Music on your own or with partner online	Jutta Schuhn Dominika Toppmoeller



02.03.2022



TUI BLUE Fitness & Leisure Instructor
Group Fitness B-License Online Training



CET	Topic	Trainer
09:00-13:00	Music training II bodyalignment & posture, Warm up & basic Aerobic movements , preparing a Warm up, review of the Warm ups	Theory: Theory & practice Jutta Schuhn Dominika Toppmoeller
13:00-14:00	Lunch	
14:00-18:00	MASTERCLASS strength class with weights, Theory: exercises for different muscle groups in group training without & with equipment, Preparing a strength class no Equipment, review of the strength classes	Jutta Schuhn Dominika Toppmoeller
18:00-19:30	Dinner	
19:30-21:00	Practising teaching exercises of your strength class, Aerobic: read and practice videos pages: D: 4-13 E: 4-13	Jutta Schuhn Dominika Toppmoeller

03.03.2022