

FEPSAC 2015 Overview Sport Programme

Type of Sport	Time	Meeting Point	Instructors
Wednesday 15 July			
Early Morning Pilates	7:00-8:00	Congress venue/Atrium room Alpha	Thomas Hausegger
Bodyforming	7:00-8:00	Congress venue/Atrium room Beta	Ivana Petrovic
Swimming*	12:45-13:30	Congress venue/open-air pool Weyermannshaus	Martin de Bruin
Jogging	12:45-13:30	Congress venue	Jenny Adler-Zwahlen, Chris Klenk & Siegfried Nagel
Football-Tournament	19:30-21:30	Pitch Allmend (Papiermühlestrass 91, 3014 Bern)	Kirstin Seiler & Marc Blaser
Thursday 16 July			
Early Morning Jogging	7:00-8:00	Congress venue	Jenny Adler-Zwahlen, Chris Klenk & Siegfried Nagel
Bodyforming	7:00-8:00	Congress venue/Atrium room Beta	Ivana Petrovic
Swimming*	12:45-13:30	Congress venue/open-air pool Weyermannshaus	Martin de Bruin
Fitness & Strength	17:15-18:15	Congress venue/Atrium room Alpha	Alexandra Rogger
Friday 17 July			
Early Morning Vita-Parcours	7:00-8:00	Congress venue	Alexandra Rogger
Swimming*	12:45-13:30	Congress venue/open-air pool Weyermannshaus	Martin de Bruin
Saturday 18 July			
Swimming*	12:45-13:30	Congress venue/open-air pool Weyermannshaus	Martin de Bruin

* depending on weather conditions