

JOMBA 'FIT' CAMP HUNGARY 24'

14th of August - 18th of August



Szechenyi Bridge Budapest

THANK YOU FOR YOUR INTEREST, WE CAN'T WAIT TO SHOW YOU MORE FROM OUR BEAUTIFUL INNER AND OUTER WORLD.

Our Camp is organized at 'EUROPIAN BEST DESTINATION OF 2019', BUDAPEST, and Central Europe's biggest Lake Balaton.

The Price of £450 (Early Bird until 14th June), £480 (after 14th June) includes:

- Public Transportation from/ to the airport to the different destinations at the lake
- 4 nights' accommodation – 2 nights at the capital, 2 nights at the lake/Double rooms, twin rooms are available/
- 2-4 hours of daily sports activity.
- Traditional Breakfast, Dinner /Friday, Saturday/
- Entries for the activities /Swimming Pool, Széchenyi Bath, Jumping, Dancing classes, BOB Panorama track, Funicular – Buda Castle. /



Szechenyi Thermal Bath

1. Day 14th of Aug - Wednesday Arrival - Budapest

- Meeting point (1) at Budapest Liszt Ferenc Airport latest by 11 am -
Otherwise Deak Square by midday

12pm - 2pm – Facultative:

- Lunch – Not Included

- Check-In (Leonardo Hotel Budapest, B&B City Hotel Budapest)

2 pm - 5 pm

- City Tour 1 (St Stephen's Basilica Tour: Deak Square, Danube, Parliament, Basilica)

- City Tour 2 (Margarete Island, Funnycular, and Buda Castle)

7 pm - Meeting Point: Hotel Gellert or Citadella (This program could be rescheduled for the next day – TBC)

- **CITADELLA POWER HILL WALK** – 'Top of your journey'.

From 8.30 pm - Facultative:

Dinner/ Salsa night at Froccs Terasz (Erzsebet Squer)

GET TOGETHER party'- Social night- Gozsdu Court - Last stander - 'Club ELLATOHAZ' and around.



Buda Castle

2. Day 15th of Aug - Thursday ('A Day of PAIN & JOY) - BUDAPEST

8 am

- Breakfast - Facultative

9 am MEETING POINT:

- **SZÉCHENYI THERMAL BATH**. - Included
- This beautiful Széchenyi Medicinal Bath in Budapest is the largest medicinal bath in Europe. Its water is supplied by two thermal springs, their temperature is 74 °C and 77 °C.
- "City Liget" POWER Walk – Heroes Square
- Lunch (facultative) Four Season

2 pm- 5 pm - House of Musics, Andrassy Street

6 pm - **JUMP FUN** with a Hungarian Word Jumping expert Eva Szôcs. (This program could be replaced with the Citadella Walk)

8 pm - City view. A Real Taste of Hungary. The sparkling night cannot be missed.

Facultative: Szegedi Halászcserda, beautiful view of the river Danube

- Time for a bit CHILL AND SHOW YOUR MOVES ON THE DANCE FLOOR. And be a bit 'bad'...:D
- Celebrities' favourite spots: Chain Bridge.



Akarattya Bay

3. Day 16th of Aug - Friday - Balaton

Meeting Point 2 at 9.30 am:

Balatonfuzfo, Ady E 9/A HU 8175, <https://www.booking.com/hotel/hu/ady-endre-9-a.html>

For all details, please contact us at 07878805269. Please be aware that some parts of the plan could be changed.

10.00 am - Breakfast – Included

- Veszprem/Viaduct
- Power Panorama walk to the Castle
- **LOVERS VALLEY**

1 pm - 3 pm Facultative

- Lunch – Not Included
- Balatonfûzfô Panorama Powerwalk to the Hill to the beach
- Water cycle challenge – Zumba on the beach
- Power Walk to – Historical Local Church
- Stretching

8.00 pm - Dinner, Traditional Fish Soup or BBQ /Team building card games
– ‘Rikiki’ – Included or Balaton Almadi (Town visit)



BOB Panorama trail

4. Day 17th Aug - Saturday – ‘A Day to remember’

7.30 am - Power walk/jog to the local bay. Sun Rise Stretches

9.30 am - Breakfast - Included

11.00 am - Lake Fun: Conditioning, Aqua Fun - swimming drills, stretches

1.00- 3.00 pm – Lunch /Kek obol Restaurant/ - Not Include, facultative

3 pm - **BALATON BOB**, Panorama Track, Observatory of Lake Balaton

4 - 5 pm - Tihany – Historical Old Town, vine tasting during the way

6 - 7 pm - Power Panorama walk to **ABBEY OF TIHANY**, down to the beach and back

8.00 pm - Dinner – Traditional Fish Soup or BBQ / Travel back to Balatonfüred, Wine Festival/

TRY NOT TO MISS YOUR FLIGHT IN THE MORNING☺



Gozsdu Court

Additional information for the Daily Activities:

Facultative programs are not 'have to do activities.' You can fill up your free time with relaxation, sleep, eating...more exercises, less workout, or anything you prefer to do individually.

Airport Shuttle: +36706111300

City Taxi/ Cab: +361444 4444, +361666 6666

Stretching: The mind and body connection session prepares your body for the day or calms you down for the night.

Swim Drills sessions with Andyka- /IronMan Relay Champion/. Available for all levels. /Lake or Swimming Pool, depending on the weather/.

Goggles and earplugs are advised.

Intense **group exercise sessions** on the beach, in the garden, and in the swimming pool with **JOMBA** 'dance routines' without/ with trampolines.

THANK YOU FOR joining us IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CALL ANDREA VIA 07878805266.

BOOK NOW: <https://www.jomba.co.uk/classes/jomba/jomba-sub/intensive-fit-camp-hungary-24-aug>

Price and adds:

Early Bird Price: £450 by 01/07/24, £480 after.

Not included: Flight, meals, and drinks at the capital.

Commission opportunities: BRING YOUR FRIEND and you will get £25 OFF.

If you have any food allergies, please remind us.