

JOMBA 'FIT' CAMP HUNGARY 25'
14th Aug – 17th Aug



Széchenyi Chain Bridge Budapest

Discover Hungary with an unforgettable fitness and wellness retreat!

Join us for an inspiring journey as we explore the vibrant city of Budapest and the breathtaking landscapes along the northern shore of Lake Balaton

Highlights:

Budapest:

Stroll through historic streets, soak in the famous Széchenyi Thermal Baths, and get your heart pumping with high-energy workouts or dance sessions.

Veszprém – Balatonfűzfő – Balatonfüred – Tihany:

Experience stunning lake views on scenic hikes, lakeside workouts, and group activities in nature.

Unique feature:

Daily 3-hour family constellation sessions to help you reconnect with your inner balance and bring out the best in yourself.



Akarattya Bay

The Price includes:

- Airport transfer to accommodation (by public transport)
- 1 night in Budapest (B&B City Hotel or Leonardo Hotel)
- 2 nights at Lake Balaton (Éden Hotel, Balatonfűzfő)
- Traditional Hungarian breakfast
- All transportation around Budapest and Lake Balaton
- Daily workouts & self-awareness sessions:
Stretching, Zumba, Jomba strength training, Jumping fitness, Power walks
(Fitness led by Andrea Kovács, family constellation guided by psychologist Anita Repkény)
- Entry to: Széchenyi Spa, Heroes' Square, Parliament, Buda Castle, Veszprém Castle, Balaton Bob, panoramic viewpoints
- Public transport pass in Budapest

Prices & discounts:

- €480 (April 16 – June 15)
- €510 (after June 15)
- Deposit: €225 due within 5 business days of booking
- Full balance due by August 1st

Room upgrades:

- Single room supplement: €42 (3 nights)
- Lakefront Marina Fűzfő upgrade (2 nights): €42

One-day options:

- Full day incl. breakfast: €120 (Balaton), €130 (Budapest)
- 1-night/1-day: €150 (Balaton), €160 (Budapest)
(One-day passes don't include Balaton–Budapest transfer.)
- A 50% deposit (€225) must be paid within 5 business days of booking, no later than June 15, to secure the room and the discounted rate. If the total amount is not paid by the deadline, the discounted rate and the same accommodation cannot be guaranteed.

Cancellation policy:

- 10% of the deposit will be withheld if cancelled at least 1 month before the event.
- 50% of the deposit will be withheld if cancelled 4 weeks before the event.
- 100% of the deposit will be withheld if cancelled 1 week before the event.



BOB Panorama trail

Day 1 – August 14th: Budapest

Arrival by 8:00 AM at Budapest Airport

Check-in, sightseeing: Basilica, Danube Riverwalk, Parliament, optional Margaret Island power walk

Family Constellation Session (1 PM – 4 PM)

Evening program: Buda Castle District, Fisherman's Bastion, followed by Jumping fitness or Citadel hill walk

Optional dinner & salsa night at Fröccs Terasz

Day 2 – August 15th: Budapest – Balaton

Morning at Széchenyi Baths + Heroes' Square & Vajdahunyad Castle

Family Constellation Session (2 PM – 5 PM)

Travel to Balatonfűzfő, sunset hike to Kisfaludy Lookout or surprise event

Group dinner, goulash cooking & social evening



Széchenyi Thermal Bath

Day 3 – August 16th: Veszprém & Lake Day

Sunrise stretching & fitness by the lake

Hiking tour: Veszprém Castle – Lovers' Valley

Family Constellation (1 PM – 4 PM)

Free time or optional Balaton Bob adventure

Evening: Balaton Wine Festival & lakeside dinner

Day 4 – August 17th: Tihany & Farewell

Final constellation session in the morning

Tihany Abbey & Echo Walk

Lakeside sunbathing, aqua fitness

Farewell circle – optional extra night upon request



Buda Castle

Additional information for the Daily Activities:

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

Airport Shuttle: +36706111300

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

Activities are optional — relax, rest, or train as you wish.

JOMBA is a UK-developed trampoline fitness concept that's low impact and high intensity — up to 3x more effective than traditional cardio!

Stretching: Mind and body connection session make your body ready for the day or calm you down for the night.

Family Constellation: powerful guided work on personal growth and generational healing, (led by Anita Repkény, psychologist).

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

Organiser: Andrea Kovács, founder of Jomba London



Gozsdu Court

Booking & Contact

- Flight not included
- Info: +36 20 540 4790 / +44 7878 805269
- info@jomba.co.uk

Referral discounts:

- Bring a friend: 10% cashback after their registration
- Returning guest: €12 discount
- Share a bed? €25 refund per person
- Payment by bank transfer or PayPal

Name: Andrea Kovács

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