

## JOMBA 'FIT' CAMP HUNGARY 22'

12<sup>th</sup> July – 16<sup>th</sup> July



Szechenyi Bridge Budapest

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

Our very own Camp is organised at **'EUROPIAN BEST DESTINATION OF 2019', BUDAPEST** and at Central Europe's most popular **Lake Balaton**.

Hidden Town in this time:

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

For all details, please contact us via 07878805269. Please be aware plan could be changed.

The Price includes:

- Transportation from the airport to the different destinations at the lake, city 2 x daily pass.
- 5 nights' accommodation – 3 nights at the lake, 2 nights at the capital. /Double rooms, twin rooms are available/
- 4 hours daily sport activity.
- Breakfast /Wednesday, Thursday, Friday/
- Traditional dinner / Wednesday, Thursday/
- Entries for the activities /Swimming Pool, Szechenyi Bath, Jumping/Yoga/ Dancing classes, BOB Panorama track, Funicular – Buda Castle.



Akarattya Bay

## 12<sup>th</sup> July – Tuesday Arrival

- Meeting point at Budapest Liszt Ferenc Airport latest by midnight.
- Travel down to the lake. – 1.5h 1<sup>st</sup> night at **Lake Balaton-**  
<https://www.booking.com/hotel/hu/ady-endre-9-a.html> - Balatonfuzfo, Ady Endre U. 9/A, 8175/

## 1. Day 13<sup>rd</sup> July – Wednesday

7.30 am – 9 am: Power walk/jog to the beach, Wake up ‘JOMBAREE’.

9.30 am – Breakfast - Included

11.00 am – Veszsprem/Viaduct

11.20 am – Power Panorama walk to the Castle

12.20 am – **LOVERS VALLEY**

1pm-3pm *Facultative*

1.30 pm – Lunch – Not Included

3.30 pm – Balatonfuzfo Panorama Powerwalk to the Hill to the beach.

– Water cycle challenge – Zumba on the beach

5.30 pm – Visit Local Dance Group, or stay on the beach sunbathing.

6.30 pm – Power Walk to – Historical Local Church

7 pm – Stretching

8pm – Dinner – Traditional Fish Soup or BBQ /Team building card games – ‘Rikiki’ - Included



BOB Panorama trail

## 2. Day 14<sup>th</sup> July – Thursday

7.30 am – 9 am: Power walk/jog to the local bay. Sun Rise Stretches

9.30 am – Breakfast - Included

11.00 am – 50m's Swimming Pool. – Conditioning, Aqua Fun - swimming drills, stretches (If the weather is good, we are heading to the next program earlier and stay at the beach of Tihany)

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

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

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

6 - 7pm – 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 Balatonfured, Wine Festival/ - Included



Szechenyi Thermal Bath

### 3. Day 15<sup>th</sup> July – Friday– Day of the PAIN & JOY – BUDAPEST

8am – Breakfast - Included

9.30 am Balaton Panoramas. /Balaton Akarattya – Kisfaludy path/.

11 am – **WAKE UP JUMP FUN** with a Hungarian Word Jumping expert Eva Szocs.

1pm – 3.30 pm – *Facultative*

- Lunch – Not Included
- City Tour/ St Stephen’s Basilica Tour: Deak Square, Danube, Parliament, Basilica.
- Check In to : Vaci Fashion Street Apartment - TBC
- “City Liget” POWER Walk – Heroes Square

4pm - 7pm **SZECHENYI THERMAL BATH**. – Tickets 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.

From 7.30 pm:

- Dinner – Not Included
- City view. A Real Taste of Hungary. The sparkling night cannot be missed out.

Time for a bit CHILL AND SHOW YOUR MOVES ON THE DANCE FLOOR.  
And be a bit ‘bad’...:D

Celebrities’ favourite spots:

- Gozsdu Court
- Basilica Round, Danube, Chain Bridge



Buda Castle

#### 4. Day 16<sup>th</sup> July – Saturday - A day to remember.

9.30 – Breakfast – Not included

11 am – ‘Strudel House’ – How to make traditional homemade Strudel.

*2 pm - 6pm Trip with popular yellow tram around the Parliament Square-  
Facultative*

*2 pm – 3pm - Lunch – Not included*

*3pm – 6pm – Funicular /Incline railway station/, Buda Castle, Matthias Church,  
Fisherman Bastion, Gellert*

6pm – 7.30 pm – Meeting Point: Hotel Gellert or Citadella

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

From 8pm:

Final ‘GET TOGETHER party’- Social night- **Gozsdu Court** - Last stander - ‘Club ELLATOHÁZ, Havana Club, Mazel Tov’ and around. TRY NOT TO MISS YOUR FLIGHT IN THE MORNING.

#### **Price and adds:**

Not included: Flight/£70 if u book now!

Commission opportunities: BRING YOUR FRIEND or buy your JOMBA ‘monthly membership’ and you will get £15 OFF.

If you have any food allergy, please remind us.



Gozsdu Court

**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

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

**SWIM DRILLS** sessions with Andyka- /IronMan Relay Champion/. Available for all levels. /Lake or Swimming Pool, depend on the weather/.

Goggles, earplugs advised. Yoga mats provided.

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

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

BOOK NOW: <https://www.jomba.co.uk/classes/3-days-fitness-challenge/individual-registration>

