



JOMBA 'FIT' CAMP HUNGARY 20'

12nd Aug – 16th Aug

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



Szechenyi Bridge Budapest

Our very own Camp is organised at
'EUROPIAN BEST DESTINATION OF 2019', BUDAPEST

and at Central Europe biggest
Lake Balaton.

Hidden Town in this time:

Balatonfuzfo, Ady E 9/A HU 8175, <https://bit.ly/2NebWfF>

For all details, please **contact us via 07878805269.**

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

12nd Aug – Wednesday

- Meeting point at Budapest Liszt Ferenc Airport latest by 12.20pm.
- Travel down to the lake. – 1.5h 1st night at **Lake Balaton**-
<https://urlzs.com/wzrPx> - Balatonfuzfo, Ady Endre U. 9/A, 8175/

1. Day 13th Aug – Thursday

7.30 am – 9 am	Power walk/jog to the beach, Wake up 'JOMBAREE'.
9.30 am	Breakfast - Include
11.00 am	Veszprem/Viaduct
11.20 am	Power Panorama walk to the Castle
12.20 am	LOVERS VALLEY
1pm-3pm	<i>Facultative</i>
1.30 pm	Lunch – Not Include
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
6.30 pm	Power Walk to – Historical Local Church
7 pm	Stretching
8pm	Dinner – Traditional Fish Soup or BBQ /Team building card games – 'Rikiki' - Include



BOB Panorama trail

2. Day 14th Aug – Friday

7.30 am – 9 am	Power walk/jog to the local bay. Sun Rise YOGA with Tulasi Jogastudio.
9.30 am	Breakfast - Include
11.00 am	Tihany – Historical old Town
11.45 am	Power Panorama walk to ABBEY OF TIHANY , down to the beach and back, ALSO ors, Balaton Almadi
1 pm – 3 pm	<i>Facultative</i>
1.00 pm	Lunch /Kek obol Restaurant/ - Not Include
3 pm	BALATON BOB , Panorama Track
4 - 7pm	50m's Swimming Pool. – Conditioning, Aqua Fun - swimming drill, Yoga with Tulasi.
7.45pm	Observatory of Lake Balaton
8.30pm	Dinner – Traditional Fish Soup or BBQ /Team building card games – 'Rikiki'. / Alternatively visit local restaurants: Kek Obol or Siraly – Include



Szechenyi Thermal Bath

3. Day 15th Aug – Saturday – Chill Out – BUDAPEST

- 8am Breakfast - Include
- 9.30 am Balaton Panoramas. /Balaton Akarattya – Kisfaludy path/.
11. 30 am Tulasi Yoga Studio - Budapest

1pm – 3.30 pm *Facultative*

- Lunch – Not Include
- City Tour/ St Stephen's Basilica Tour: Deak Square, Danube, Parliament, Basilica.
- Liget POWER Walk – Heroes's Square

4pm - 7pm **SZECHENYI 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.

From 7.30 pm Dinner – Not Include

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



Gozsdu Court

12nd Aug – 16th Aug



Buda Castle

4. Day 16th Aug – Saturday - The day of the PAIN... A day to remember.

9.30	Breakfast
11 am	WAKE UP JUMP FUN with a Hungarian Fitness expert Eva Szocs.
12.30 pm	Tulasi Yoga Studio- TBC
2 pm - 6pm	<i>Facultative</i>
2 pm – 3pm	Lunch – Not include
3pm – 6pm	Funicular /Incline railway station/, Buda Castle, Matthias Church, Fisherman Bastion, Gellert
6pm – 7.30 pm	Hotel Gellert CITADELLA POWER HILL WALK 'Top of your journey'.
From 8pm:	Final 'GET TOGETHER party'- Social night- Gozsdu Court - Last stander - 'Club ELLATOHÁZ' and around. TRY NOT TO MISS YOUR FLIGHT IN THE MORNING.

Price and adds:

Not included: Flight/£100 if u book now!

<https://skyscanner.app.link/bqgNY3iq82>

Commission opportunities: BRING YOUR FRIEND and you will get £10 OFF.

If you have any food allergy, please remind us.



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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 or with anything you prefer to do individually.
- **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/jomba/jomba-sub/intensive-fit-camp-hungary-20-aug>

