

JOMBA 'FIT' CAMP HUNGARY 23'

09th of August - 12th 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 very own Camp is organised at '**EUROPIAN BEST DESTINATION OF 2019**', **BUDAPEST** and at Central Europe biggest **Lake Balaton**.

The Price includes:

- Transportation from 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 daily sport activity.
- Traditional Breakfast, Dinner /Friday, Saturday/
- Entries for the activities /Swimming Pool, Szechenyi Bath, Jumping, Dancing classes, BOB Panorama track, Funicular – Buda Castle. /



Szechenyi Thermal Bath

1. Day 9th of Aug - Wednesday Arrival - Budapest

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

1pm – 6 pm – *Facultative*

- Lunch – Not Included
- Check In
- City Tour 1 (St Stephen's Basilica Tour: Deak Square, Danube, Parliament, Basilica)
- City Tour 2 (Margarete Island, Palatinus Bath?, Funnycular and Buda Castle) *Trip with popular yellow tram around the Parliament Square- Facultative*

7pm– Meeting Point: Hotel Gellert or Citadella

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

From 8.30pm- Facultative:

Dinner: Szegedi Halaszcsarda, beautiful view of the River Danube

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



Buda Castle

2. Day 10th of Aug - Thursday ('A Day of PAIN & JOY) - BUDAPEST

8 am

- Breakfast - Facultative

9 am

- **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.
- "City Liget" POWER Walk – Heroes Square
- Lunch (facultative)
- 'Strudel House' – How to make traditional homemade Strudel

6.30 pm

- **JUMP FUN** with a Hungarian Word Jumping expert Eva Szocs.

8 pm

- 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: Chain Bridge.



Akarattya Bay

3. Day 11th 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 via 07878805269. Please be aware plan could be changed

10.00 am - Breakfast – Included

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

1pm-3pm *Facultative*

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

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



BOB Panorama trail

4. Day 12th 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

4-5pm - 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/

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 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: 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.

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-23-aug>

Price and adds:

Not included: Flight

Commission opportunities: BRING YOUR FRIEND and you will get £20 OFF.

If you have any food allergy, please remind us.