

# Bouldergym

# Training area 1

# Training area 2

# Diedom

Time	Bouldergym	Training area 1	Training area 2	Diedom	
10.30 - 11.00	Registration				
11.00 - 11.30					
11.30 - 12.00	Competition: qualifications		Yoga - Jessica Veth		
12.00 - 12.30					
12.30 - 13.00					
13.00 - 13.30		Dyno's en run & jump - Vera Zijlstra		Highlining - Soraya Schultz	
13.30 - 14.00		Dyno's en run & jump - Vera Zijlstra	Trainen voor vrouwen - Nikki van Bergen & Rachel Nilwik	Het mentale aspect - Anne van Leeuwen	
14.00 - 14.30					
14.30 - 15.00			Body Image - Lonneke Tabak		
15.00 - 15.30					
15.30 - 16.00					
16.00 - 16.30	Dyno's en run & jump - Vera Zijlstra	Trainen voor vrouwen - Nikki van Bergen & Rachel Nilwik	Bouldering outdoors - Kelly Sierra Ramirez & Emily Mannheimer		
16.30 - 17.00					
17.00 - 17.30				Lecture Nina Caprez	
17.30 - 18.00	Food - Rammenas Roots Rock Kitchen				
18.00 - 18.30					
18.30 - 19.00					
19.00 - 19.30				Nina Caprez: Questions & Answers	
19.30 - 20.00					
20.00 - 20.30					
20.30 - 21.00	Competition: finals				
21.00 - 21.30					
21.30 - 22.00	Competition: award ceremony				
22.00 - 22.30					
22.30 - 23.00	Party!				

## Legend

- Climbing
- Lecture
- Workshop
- Other

**Venture: *sterk***

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