



Helena Hemmink Dalmau

Freelance

Helena HD

Bilateral Meetings

- (17:00 - 20:00)
- (15:00 - 18:00)

Description

FREELANCE Cyclist Coach, Personal Trainer, Cycling Guide, Sport Masseuse, Event Manager

Organization Type

Company

Areas of Activities

Cycling

Cycle Tourism

Sports science, sports medicine and health related

Sports management and events

Offer

Personal Training

Strength Training and rehabilitation for athletes and cyclists.

Offer

Lectures / Workshops for cyclists

Lectures and workshops on subjects related to cycling. From Stretching for cyclists to hydration in cycling.

Offer

Sport Massage

Superior Sport Massage. Manual therapy.

Offer

Cyclist Guiding

Guiding groups or individual cyclists around Mallorca