

		week 1						week 2								
		S 24.7.	U 25.7.	M 26.7.	T 27.7.	W 28.7.	H 29.7.	F 30.7.	S 31.7.	U 1.8.	M 2.8.	T 3.8.	W 4.8.	H 5.8.	S 6.8.	
6:45		Fire & Coffee														
7:30-8:30		Yoga / Movement / Injury prevention														
8:30-9:30		Breakfast														
10-11		Floorwork	Handstand	Floorwork	Handstand	Floorwork	Handstand	Floorwork	Handstand	Floorwork	Handstand	Floorwork	Handstand	Floorwork	Handstand	
11-13		Acro workshops						Jam with all the teachers	Free morning Jam / hike / beach	Acro workshops						Jam with all the teachers
		Lunge training / practicing / coaching														
13-14	Arrival	Lunch														
15-16		Partner acrobatics conditioning													Goodbye	
16-18:30	Welcome all class - easy & fun	Acro workshops			Free morning Jam / hike / beach	Acro workshops			Free afternoon Jam / hike / beach	Acro workshops			Free morning Jam / hike / beach	Acro workshops		
		Lunge training / practicing / coaching														
18:30-19:30	Dinner															
19:30-20:30	Therapy / Bodywork / Rehab															
20:30	Fire & music & sauna															