



|              | First 10                        |                  |           |           |                |                |           |           |                |                |           | Second 10 |          |                             |                |          |           |                |                |          |            |                |                |  |     |
|--------------|---------------------------------|------------------|-----------|-----------|----------------|----------------|-----------|-----------|----------------|----------------|-----------|-----------|----------|-----------------------------|----------------|----------|-----------|----------------|----------------|----------|------------|----------------|----------------|--|-----|
| Hours/Dates  | Fri 21.7.                       | Sat 22.7.        | Sun 23.7. | Mon 24.7. | Tue 25.7.      | Wed 26.7.      | Thu 27.7. | Fri 28.7. | Sat 29.7.      | Sun 30.7.      | Mon 31.7. | Tue 1.8.  | Wed 2.8. | Thur 3.8.                   | Fri 4.8.       | Sat 5.8. | Sun 6.8.  | Mon 7.8.       | Tue 8.8.       | Wed 9.8. | Thur 10.8. | Fri 11.8.      |                |  |     |
| 6:45H        | Fire & Coffee                   |                  |           |           |                |                |           |           |                |                |           |           |          |                             |                |          |           |                |                |          |            |                |                |  |     |
| 7:30-8:30H   | Yoga                            |                  |           |           |                |                |           |           |                |                |           |           |          |                             |                |          |           |                |                |          |            |                |                |  |     |
| 8:30-9:30H   | Breakfast                       |                  |           |           |                |                |           |           |                |                |           |           |          |                             |                |          |           |                |                |          |            |                |                |  |     |
| 10-11H       | Floorwork                       | H&Stand          | Floorwork | H&Stand   | Floorwork      | H&Stand        | Floorwork | H&Stand   | Floorwork      | H&Stand        | Floorwork | H&Stand   | Free     | H&Stand                     | Floorwork      | H&Stand  | Floorwork | H&Stand        | Floorwork      | H&Stand  | Floorwork  | H&Stand        | Floorwork      |  |     |
| 11-13H       | Acro Workshops                  |                  |           | Jam       | Acro Workshops |                |           | Jam       | Acro Workshops |                |           | Jam       | Free     | Acro Workshops              |                |          | Jam       | Acro Workshops |                |          | Jam        | Acro Workshops |                |  | Jam |
|              | Lunge / Coaching                |                  |           |           |                |                |           |           |                |                |           |           |          |                             |                |          |           |                |                |          |            |                |                |  |     |
| 13-14H       | Arrival                         | Lunch            |           |           |                |                |           |           |                |                |           |           |          |                             |                |          |           |                |                |          |            | Leftovers      |                |  |     |
| 15-16H       | Partner Acrobatics Conditioning |                  |           |           |                |                |           |           |                |                |           |           |          |                             |                |          |           |                |                |          |            | Goodbye        |                |  |     |
| 16:15-18:30H | Welcome Class<br>Easy & Fun     | Acro Workshops   |           |           | Free           | Acro Workshops |           |           | Free           | Acro Workshops |           |           | Free     | Welcome Class<br>Easy & Fun | Acro Workshops |          |           | Free           | Acro Workshops |          |            | Free           | Acro Workshops |  |     |
|              |                                 | Lunge / Coaching |           |           |                |                |           |           |                |                |           |           |          |                             |                |          |           |                |                |          |            |                |                |  |     |
| 18:30-19:30H | Dinner                          |                  |           |           |                |                |           |           |                |                |           |           |          |                             |                |          |           |                |                |          |            |                |                |  |     |
| 19:30-20:30H | Therapy                         |                  |           |           |                |                |           |           |                |                |           |           |          |                             |                |          |           |                |                |          |            |                |                |  |     |
| 20:30H       | Fire & Sauna                    |                  |           |           |                |                |           |           |                |                |           |           |          |                             |                |          |           |                |                |          |            |                |                |  |     |