

	First 7								Second 7							Third 7									
Hours/Dates	Fri 18.7.	Sat 19.7.	Sun 20.7.	Mon 21.7.	Tue 22.7.	Wed 23.7.	Thu 24.7.	Fri 25.7.	Sat 26.7.	Sun 27.7.	Mon 28.7.	Tue 29.7.	Wed 30.7.	Thur 31.7.	Fri 1.8.	Sat 2.8.	Sun 3.8.	Mon 4.8.	Tue 5.8.	Wed 6.8.	Thur 7.8.	Fri 8.8.			
6:45h	-	fire & coffee																							
7:30-8:30h	-	yoga/movement																							
8:30-9:30h	-	breakfast																							
10-11h	-	FLOORWORK	H&STAND	FLOORWORK	/	FLOORWORK	H&STAND	/	H&STAND	FLOORWORK	H&STAND	/	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	ACRO WORKSHOPS			JAM	ACRO WORKSHOPS			JAM	ACRO WORKSHOPS			JAM
		lunge / coaching																							
13-14h	ARRIVAL	lunch																				leftovers			
16-18h	WELCOME CLASS Find Your Level	ACRO WORKSHOPS			FREE	ACRO WORKSHOPS			WELCOME CLASS Find Your Level	ACRO WORKSHOPS			FREE	ACRO WORKSHOPS			WELCOME CLASS Find Your Level	ACRO WORKSHOPS			FREE	ACRO WORKSHOPS			Goodbye
18-19h		lunge / coaching				longes/coaching				lunge / coaching				longes/coaching				lunge / coaching				longes/coaching			-
19-20h	DINNER @ 19h	dinner																				-			
20-21h		therapy																				-			
21h		music, fire, sauna, & rest																				-			