



	week 1					week 2									
	F 22.7.	S 23.7.	U 24.7.	M 25.7.	T 26.7.	W 27.7.	T 28.7.	F 29.7.	S 30.7.	U 31.7.	M 1.8.	T 2.8.	W 3.8.	T 4.8.	F 5.8.
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	Floorwork
11-13	Acro workshops				Jam with all the teachers		Acro workshops		Jam with all the teachers		Acro workshops		Jam with all the teachers		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 afternoon Jam / hike / beach		Acro workshops		Free afternoon Jam / hike / beach		Acro workshops		Free afternoon 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														