

	First 10											Second 10											
Hours/Dates	Fri 19.7.	Sat 20.7.	Sun 21.7.	Mon 22.7.	Tue 23.7.	Wed 24.7.	Thu 25.7.	Fri 26.7.	Sat 27.7.	Sun 28.7.	Mon 29.7.	Tue 30.7.	Wed 31.7.	Thur 1.8.	Fri 2.8.	Sat 3.8.	Sun 4.8.	Mon 5.8.	Tue 6.8.	Wed 7.8.	Thur 8.8.	Fri 9.8.	
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	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	ACRO WORKSHOPS		JAM	ACRO WORKSHOPS		JAM	ACRO WORKSHOPS		JAM	ACRO WORKSHOPS		JAM	
		lunge / coaching																					
13-14h	ARRIVAL	lunch																					leftovers
16:00-18:30h	WELCOME CLASS EASY & FUN	ACRO WORKSHOPS		FREE	ACRO WORKSHOPS		FREE	ACRO WORKSHOPS		FREE	WELCOME CLASS EASY & FUN	ACRO WORKSHOPS		FREE	ACRO WORKSHOPS		FREE	ACRO WORKSHOPS		FREE	ACRO WORKSHOPS		Goodbye
		lunge / coaching																					-
18:30-19:30h		dinner																					-
19:30-20:30h		therapy																					-
20:30h		fire & sauna																					-