

	Friday			
1:00 PM	Warmup			
	Oran and Saya			
	Partner warmup			
2:00 PM	Workshop 1			
	Ian and Danuta	Forma Fortis	Oran and Saya	
	Icarian basics	Intro to H2H with Base lying on floor	Dance acro	
3:30 PM	Workshop 2			
	Lauren	Camilla and Scarlot	Helena and Jakub	
	Intro to banquine	Intro to wips & Icarian	Comedy Flow	
5:00 PM	Cooldown			
	Adam			
	Stretching			
	Saturday			
9:30 AM	Warmup			
	Marion			
	Pilates			
10:30 AM	Workshop 3			
	Ben	Lauren	Oran and Saya	Kate
	Shoulder catching	3 highs	Similar size standing acro	Beginners solo acro
12:00 PM	Workshop 4			
	Ben	Ian and Danuta	Lauren	Adam
	Passing sequence	Beginner L-base flow	Intermediate banquine	Solo acrobatics - Making simple acrobatics more interesting
3:00 PM	Workshop 5			
	Ben	Camilla and Scarlot	Forma Fortis	Adam
	Tricks to make you better	Intro to pops	Different High birds	Handstands - Balancing and Shapes
4:30 PM	Cooldown			
	Oran and Saya			
	Partner stretch			
	Sunday			
9:30 AM	Warmup			
	Helena and Jakub			
	Animal movement warmup			
10:30 AM	Workshop 6			
	Ben	Forma Fortis	Eric and Zinnia	Kate
	One arm	Intro to F2H with Base Lying/standing	Intermediate standing sequence	Solo Acro combinations
12:00 PM	Workshop 7			
	Ben	Helena and Jakub	Forma Fortis	Kate
	Weird Basing	Slackro	Getting into two high	Aerial Cartwheel prep
3:00 PM	Workshop 8			
	Forma Fortis	Camilla and Scarlot	Helena and Jakub	Adam
	Intro to H2H with Base standing	Icarian Handspring	Object flow	Handstands - Understanding Presses
4:30 PM	Cooldown			
	Marion			
	Partner stretch			