

	FRIDAY	Floor 1	Floor 2	Floor 3	Floor 4	Floor 5	Floor 6
11.00	Registration						
12.00	Warm up	WARM UP - INBAR RONNEN					
12.30	First workshop	Intro to acro (L basing) - ERICA MONTES	L basing (easy flows) - JAMES & YZZY	H2h intro (L based) - HUGO HANSEN	Standing tricks (adv) - BART VENNE	Open jam space	Open jam space
13.30	Break						
14.00	Second workshop	Dynamic things (not h2h) - TOM & AYLA	Basic acro techniques - IAN & DANUTA	Banquine (intro) - HUGO	Acro Yoga Montreal style - CHARLOTTE & KIZZY	H2h L based washing machines - BART VENNE	Open jam space
15.30	Break						
16.00	Third workshop	Pitching (intro) - TUDOR SIRBU	Whips - NEILON PITAMBER & ERICA MONTES	Counterbalan ces - CHARLOTTE & KIZZY	Flier swinging (hard) - BART VENNE	Different entries into rh2h - SCOTT & MICHAELA	Open jam space
17.30	Break						
18.00	Fourth workshop	Handstands - JANNI SCOTT WALDEN	Lifting dynamically - TOM	Flier conditioning - DANUTA	Falling off - IAN FRASER	Big group acro - HUGO HANSEN	Open jam space
19.15	Cool down	Cool down / therapy - JUSTIN PHILPOTT					
20.00	Jam time	Open jam space	Open jam space	Open jam space	Open jam space	Open jam space	Open jam space
22.00	Get out!						

SATURDAY		Floor 1	Floor 2	Floor 3	Floor 4	Floor 5	Floor 6
9.30	Yoga	Yoga - JANNI SCOTT WALDEN	Open jam space	Open jam space	Open jam space	Open jam space	Open jam space
10.00	Warm up	WARM UP - INBAR RONNEN					
10.30	First workshop	L basing (beginner friendly) - INBAR RONNEN	F2h intro - RICK RODGERS	L basing (harder flows) - NEILON PITAMBER	Banquine (hard) - BART VENNE	H2h - JESSE SAUNDERS & JAQUI WAN	Open jam space
12.00	Break						
12.30	Second workshop	Icarian (intro) - NEILON PITAMBER	Standing tricks (int) - BART VENNE	Potchecka progressions - SCOTT & MICHAELA	Tempo lifts and dance acro (intro) - STEVE TUROK	Standing on heads - JESSE SAUNDERS	Open jam space
14.00	Lunch						
15.00	Third workshop	H2h therapy - SCOTT & MICHAELA	Flier swinging (intro) - JOHNNY & PETER	L basing (easy flows) - IAN & DANUTA	Standing h2h tricks - BART VENNE	Icarian - ALEX HOOD & KERSTIN	Open jam space
16.30	Break						
17.00	Fourth workshop	H2h (intro; standing) - SCOTT & MICHAELA	Acro Yoga Montreal style - CHARLOTTE & KIZZY	Icarian (hard) - BART VENNE	Dynamic h2h tricks - TOM & AYLA	Floor acrobatics (intro) - KIT ECKERSLEY	Open jam space
18.30	Cool down	Cool down / therapy - JUSTIN PHILPOTT					
19.00	Jam time	Open jam space	Open jam space	Open jam space	Open jam space	Open jam space	Open jam space
22.00	Get out!						

	SUNDAY	Floor 1	Floor 2	Floor 3	Floor 4	Floor 5	Floor 6
9.00	Yoga	Yoga - JANNI SCOTT WALDEN	Open jam space	Open jam space	Open jam space	Open jam space	Open jam space
9.30	Warm up	WARM UP - KIT ECKERSLEY					
10.00	First workshop	Pitching to f2h (intro) - BART VENNE	Hard dynamic things - TOM & AYL A	Standing tricks (intro) - HUGO	L basing (hard flows) - NEILON PITAMBER	L based fun - INBAR RONNEN	Open jam space
11.30	Break						
12.00	Second workshop	Trio tricks (beginner) - JAQUI WAN	Tempo lifts and dance acro (int) - STEVE TUROK	High trio tricks - BART VENNE	Standing f2h intro - JAMES & YZZY	Rh2h intro - JESSE SAUNDERS	Open jam space
13.30	Lunch						
14.30	Third workshop	F2h (L based, int) - RICK RODGERS	L basing (easy flows) - ERICA MONTES	Beyond standing f2h - ALEX HOOD & KERSTIN	2 high (standing on shoulders) - TUDOR SIRBU	Handstands - AYL A	Open jam space
16.00	Break						
16.30	Fourth workshop	Icarian (hard) - JESSE SAUNDERS & ERICA MONTES	Group acro - CHARLOTTE & KIZZY	Floor acrobatics (somersaults) - KIT ECKERSLEY	Flying therapeutics (int) - JAQUI WAN	Open jam space	Open jam space
18.00	Most mats pack away						
18.30	Cool down	Cool down / therapy - JUSTIN PHILPOTT					
19.15	Rest of mats						
20.00	Get out!						