

Friday 26 May 2023					
	Aerial 1	Aerial 2	Aerial 3	Ground	
16h30-17h00	Inscriptions Avolavit			Inscriptions Avolavit	16h30-17h00
17h00-17h30	General Warm-up Avolavit			Inscriptions Avolavit	17h00-17h30
17h30-19h00	Rope/Silks Lorena	Hoop Karina	Installation Esteban	Acroyoga Avolavit	17h30-19h00
19h00-19h10	Pause				19h00-19h10
19h10-20h40	Rope/Silks Lorena	Lyra Duo Karina	Danse Verticale Esteban	Inscriptions Avolavit	19h10-20h40
20h40	Back to home				20h40

Saturday 27 May 2023					
	Aerial 1	Aerial 2	Aerial 3	Ground	
09h00-09h45	General Warm-up Avolavit			Inscriptions Avolavit	09h00-09h45
09h45-10h45	Silks Avolavit	Trapeze Esteban	Hoop Karina	Contortion Selma	09h45-10h45
10h45-11h00	Pause				10h45-11h00
11h00-12h30	Silks Duo Avolavit	Trapeze Esteban	Lyra Duo Karina	Contortion Selma	11h00-12h30
12h30-14h00	Opening circle / Lunch			Inscriptions Avolavit	12h30-14h00
14h00-14h45	General Warm-up Sandrine				14h00-14h45
14h45-16h15	Rope/Silks Lorena	Trapeze danse Karina	Straps Selma	Balance on objects Sandrine	14h45-16h15
16h15-16h30	Pause				16h15-16h30
16h30-18h00	Rope/Silks Lorena	Trapeze danse Karina	Straps Selma	Balance on objects Sandrine	16h30-18h00
18h00-18h45	Stretching Sandrine				18h00-18h45
18h45-20h00	Open stage Everyone				18h45-20h00
20h00-22h00	Diner Together				20h00-22h00

Sunday 28 May 2023					
	Aerial 1	Aerial 2	Aerial 3	Ground	
09h00-09h45	General Warm-up Avolavit				09h00-09h45
09h45-10h45	Silks Andrea	Trapeze Esteban	Straps Selma	Backbone Rotation and Facial split Karina	09h45-10h45
10h45-11h00	Pause				10h45-11h00
11h00-12h30	Silks Andrea	Trapeze Esteban	Straps Selma	Backbend and Side split Karina	11h00-12h30
12h30-14h00	Lunch Together				12h30-14h00
14h00-14h45	General Warm-up Sandrine				14h00-14h45
14h45-16h15	Silks Avolavit	Hoop Karina	Straps Andrea	Floor work Lorena	14h45-16h15
16h15-16h30	Pause				16h15-16h30
16h30-18h00	Silks Duo Avolavit	Lyra Duo Karina	Straps Andrea	Floor work Lorena	16h30-18h00
18h00-18h45	Stretching Sandrine				18h00-18h45
18h45-20h00	Back to home				18h45-20h00
20h00-22h00	Back to home				20h00-22h00

Monday 29 May 2023					
	Aerial 1	Aerial 2	Aerial 3	Ground	
09h00-10h30	Rope Lorena	Trapeze danse Karina	Straps Andrea	Clown Sandrine	09h00-10h30
10h30-10h40	Pause				10h30-10h40
10h40-12h10	Rope Lorena	Trapeze danse Karina	Straps Andrea	Clown Sandrine	10h40-12h10
12h10-14h00	Lunch Together				12h10-14h00
13h50-15h20	Silks Avolavit	Hoop Karina	Danse Verticale Esteban	Stretching Sandrine	13h50-15h20
15h20-15h30	Pause				15h20-15h30
15h30-17h00	Silks Duo Avolavit	Lyra Duo Karina	Danse Verticale Esteban	Stretching Sandrine	15h30-17h00
17h00-17h30	Cleaning Everyone				17h00-17h30
17h30	Back to home				17h30

Balance	Discover and make your first steps on ball, rolla bolla, wire
Silks Duo	It's mandatory to be at least beginner in any discipline. Duo experience is not requested but advised
Silks Avolavit	If you're beginner or you want to improve your bases, this is the right place for you
Initiation	Never done or less than 5 lessons
Beginner	Foot lock, hip lock, jumping inversions with feet or folded arms inversions
Intermediate	Extended arms inversions, full tractions, conformatable with different drops
Advanced	Dynamic extended arms inversions, dock turnings, meathook