

THU 25

FRI 26

SAT 27

SUN 28

WELCOME CIRCLE TIME

10/12 am

HOOP

Hanging or suspended?

Nico

SILK

Movement, breath and sequencing

Ariadna

12:30am/2:30pm

TRAPEZE

Intro to dynamic  
Javier

HOOP

Strappy cow  
Freya

3/5pm

SILK

Dynamic movement  
Manuel

5:30/7pm

DANCE & STRETCH

Meet yourself  
Ariadna

9/11 am

TRAP & HOOP

C-shaping  
Nico

11:30am/1:30pm

ROPE

35 ways of climbing  
Manuel

HOOP

Gremlin hoop  
Freya

2/4pm

SILK

Squat the silk  
Ariadna

4:30/6:30pm

TRAPEZE

Dynamic moves  
Javier

STRAPS

Static technique  
Teo

9/11 am

ROPE

Tail Tangles  
Freya

11:30am/1:30pm

SILK

75 ways of climbing  
Manuel

HOOP

Dancing hoop  
Ariadna

2/4pm

STRAPS

Spin and waist roll up  
Teo

TRAPEZE

Research your harmonic movement  
Nico

4:30/6:30pm

ACRODANCE

Impro & movement  
Javier

9/11 am

SILK

Spiral and wraps  
Ariadna

HOOP

Hands free  
Freya

11:30am/1:30pm

HOOP

Swing & harmonic movement  
Nico

ROPE

Dynamic moves  
Manuel

2/4pm

YOUR PROPS

Projection of imagination  
Javier

6:30 pm

Cabaret & Final party at Chapitô Danisinni

JAM

JAM

THU 25

FRI 26

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SUN 28

WELCOME CIRCLE TIME

10/12 am

**FLYING TRAPEZE**  
*Adrian*

1/3 pm

**CLOUD SWING**  
*Lalla*

**TRAPÈZE BALLANT**  
*Costanza*

3:30/5:30pm

**CLOUD SWING**  
*Lalla*

**TRAPÈZE BALLANT**  
*Costanza*

10/12 am

**FLYING TRAPEZE**  
*Adrian*

1/3 pm

**CLOUD SWING**  
*Lalla*

**TRAPÈZE BALLANT**  
*Costanza*

3:30/5:30pm

**CLOUD SWING**  
*Lalla*

**TRAPÈZE BALLANT**  
*Costanza*

10/12 am

**FLYING TRAPEZE**  
*Adrian*

**HAIR HANGING 1**  
*Teo*

1/3 pm

**CLOUD SWING**  
*Lalla*

**TRAPÈZE BALLANT**  
*Costanza*

3:30/5:30pm

**CLOUD SWING**  
*Lalla*

**TRAPÈZE BALLANT**  
*Costanza*

10/12 am

**FLYING TRAPEZE**  
*Adrian*

**HAIR HANGING 2**  
*Teo*

1/3 pm

**FLYING TRAPEZE**  
*Adrian*

6:30 pm

**Cabaret & Final party  
at Chapitô Danisinni**

EVERY LEVEL IS WELCOMED TO ALL THE WORKSHOPS

