

FRIDAY



WORKSHOP SCHEDULE

14:30 Grace
BEGINNER

15:30 Amanda
IMPROVER

16:30 Tommy
BEGINNER

17:30 Babsi
IMPROVER

18:30 Grace
IMPROVER

SUNDAY

9:30 Warm up

10:00 Laura
BEGINNER

11:00 Romain
IMPROVER

12:00 Baiba
IMPROVER

13:00 Grace
IMPROVER

SATURDAY

10:00 Warm up

10:30 Vicky (Green Light)
IMPROVER

11:30 Daniel
IMPROVER

12:30 Roy V.
BEGINNER

13:30 Amanda
IMPROVER

14:30 Marlon
ADVANCED

15:30 Grace
IMPROVER

16:30 Laura
IMPROVER

17:30 Cool Down/Stretching

changes may occur