

Participant timetable for Vertical and aerial dance harness lab at ACCA, Mon 29th Aug - Fri 2nd Sept, - subject to change!

	Monday	Tutor	Tuesday	Tutor	Weds	Tutor	Thurs	Tutor	Fri
Registration									
9 - 9.30		LB							
9.30 - 10.30									
Auditorium	Flowing core warm up	RS	Dance all	ML	Dance all	ML	Dance all	ML	Dance all
	Inter		Inter		Inter		Inter		Inter
	Expl		Expl		Expl		Expl		Expl
10.45 - 12.45									
Stage	Expl	LB	Adv/Pro	LB	Inter	ML	Expl	RS	Inter
Auditorium	Inter	RS	Expl	ML	Adv/Pro	LC	Inter	LB	Adv/Pro
Outside wall	Adv/Pro tech	LC	Inter tech	RS	Expl tech	LB	Adv/Pro	LC	Expl tech
LUNCH	LUNCH		LUNCH		LUNCH		LUNCH		LUNCH
2pm - 4pm									
Stage	Inter	LB	Expl tech	LC	Adv/Pro	RS	Adv/Pro	LB	Mixed creative
Auditorium	Expl	LC	Adv/Pro	RS	Inter	LC	Expl	RS	sessions across
Outside wall	Adv/Pro creative	RS	Inter creative	ML	Expl creative	ML	Inter	ML	all spaces
Warm down									
4.15 - 5.15	Aerial Yoga	LC	Aerial Yoga	LC	Aerial Yoga	LC	Aerial Yoga	LC	Mixed stretch
Auditorium	Expl		Inter + Adv/Pro		Expl		Inter + Adv/Pro		massage
Stage	Flowing core w/ down		Flow core w/down	RS	Flow core w/down	RS	Flow core w/down	RS	w/down
	Inter + Adv/Pro	RS	Expl		Inter + Adv/Pro		Expl		

Tutors key

LB	Lindsey Butcher	ML	Magalie Lanriot	RS	Roel Seeber	LC	Lee Clayden
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Tutor
ML
LB
ML
RS
LB
ML
RS
ML