

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	Tutor
Registration	LB									
9 - 9.30										
Warm Up										
9.30 - 10.30	Aerial Yoga	LC	Aerial Yoga	LC	Aerial yoga	LC	Aerial Yoga	LC		ML
Auditorium	Inter + Adv/Pro		Expl		Inter + Adv/Pro		Expl		Dance all	
Stage	Flowing core warm up	RS	Dance	ML	Dance	ML	Dance	ML	Inter	
	Expl		Inter + Adv/Pro		Expl		Inter + Adv/Pro		Expl	
10.45 - 12.45										
Stage	Expl	LB	Adv/Pro	LB	Inter	ML	Expl	RS	Inter	LB
Auditorium	Inter	RS	Expl	ML	Adv/Pro	LC	Inter	LB	Adv/Pro	ML
Outside wall	Adv/Pro tech	LC	Inter tech	RS	Expl tech	LB	Adv/Pro	LC	Expl tech	RS
LUNCH	LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
2pm - 4pm										
Stage	Inter	LB	Expl tech	LC	Adv/Pro	RS	Adv/Pro	LB	Mixed creative	All
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	LB	Aerial Yoga	LB	Aerial Yoga	LB	Aerial Yoga	LB	Mixed	RS
Auditorium	Expl		Inter + Adv/Pro		Expl		Inter + Adv/Pro		flowing core	
Stage	Flowing core warm down	RS	Stetch/massage	ML	Gyrotonic inspired	LC	Stetch/massage	ML	warm down	
	Inter + Adv/Pro		Expl		Inter + Adv/Pro		Expl			

Tutors key

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