

ΠΡΟΓΡΑΜΜΑ ΣΕΜΙΝΑΡΙΟΥ
UEG ACRO WORKSHOP - LAVRIO - GREECE - 22-24/06/2018

Friday 22/06/2018

10:00 - 11:00: Theoretical discussions (Coaches only)
10:30 - 11:00: Warm up - Pairs (Women's, Men's & Mixed)
11:00 - 12:15: Balance - pairs (from basics to most advanced)
12:15 - 12:30: Break
12:30 - 13:45: Dynamics (from basics to most advanced)
14:00 - 15:00: Lunch
16:30 - 17:00: Choreography - Theoretical (Structure of the routines, requirements)
17:00 - 17:30: Choreography - practical and warm up
17:30 - 18:45: Balance - pairs
18:45 - 19:00: Break
19:00 - 20:15: Dynamics - pairs
21:00: Dinner

Saturday 23/06/2018

09:00 - 10:00: Theoretical discussions
09:30 - 10:00: Warm up
10:00 - 11:15: Balance - Groups (Men's & Women's) from basics to most advanced)
11:15 - 11:30: Break
11:30 - 12:45: Dynamics
13:00 - 14:00: Lunch
15:30 - 16:30: Choreography - Groups
16:30 - 17:45: Balance - Groups - from basics to most advanced
17:45 - 18:30: Break
18:30 - 19:15: Dynamics - Groups from basics to most advanced
20:00: Dinner

Sunday 24/06/2018

09:00 - 11:00: Balance for all pairs and groups (on request)
11:00 - 13:00: Dynamics for all pairs and groups (on request)
13:00: Lunch and departure