

# CHRISTMAS TRAINING CAMP 2017

	<b><u>FRIDAY</u></b>	<b><u>SATURDAY</u></b>	<b><u>SUNDAY</u></b>
8.30 – 9.25	PHYSICAL PREPARATION	PHYSICAL PREPARATION	PHYSICAL PREPARATION
9.30 – 10.25	LECTURE STANDARD / HIP HOP / TANGO ARGENTINO	LECTURE STANDARD / HIP HOP / TANGO ARGENTINO	LECTURE STANDARD / HIP HOP / TANGO ARGENTINO
10.30 – 11.25	LECTURE LATIN / MODERN / BELLY DANCE	LECTURE LATIN / MODERN / BELLY DANCE	LECTURE LATIN / MODERN / BELLY DANCE
11.30 – 12.25	BALLET	BALLET	BALLET
12.30 – 14.30	LUNCH	LUNCH	LUNCH
14.30 – 15.15	PRIVATE LESSONS	PRIVATE LESSONS	SHOW PREPARATION
15.15 – 16.00	PRIVATE LESSONS	PRIVATE LESSONS	SHOW PREPARATION
16.00 – 17.00	MUSICAL	MUSICAL	BREAK
17.00 – 18.30	PERFORMANCE	PERFORMANCE	BREAK
18.30 – 19.00	STRETCHING	STRETCHING	<b><u>CHARITY GALA EVENING</u></b>

- MORNING LECTURES ARE DEVIDED IN DIFFERENT HALLS: THE DANCERS CAN CHOOSE THE DISCIPLINE TO FOLLOW (THEY CAN CHANGE EVERY DAY)
- MUSICAL , BALLET, PHYSICAL PREPARATION AND STRETCHING ARE IN COMMON FOR ALL DISCIPLINES
- PERFORMANCE LESSONS AND PRIVATE LESSONS WILL BE DEVIDED FOR EVERY DISCIPLINE