

Spring Acro Camp 1

23-24-25 March 2024

| | | DAY 1 - SATURDAY - 23 MARCH | | | | | DAY 2 - SUNDAY - 24 MARCH | | | | | DAY 3 - MONDAY - 25 MARCH | | | | | |
|-------|-------|-----------------------------|--|-------------------------------------|---|--|--|---|--|---|---|--|--|---|--|---|---|
| START | END | SESSION | WORKSHOP 1 | WORKSHOP 2 | WORKSHOP 3 | WORKSHOP 4 | WORKSHOP 5 | WORKSHOP 1 | WORKSHOP 2 | WORKSHOP 3 | WORKSHOP 4 | WORKSHOP 5 | WORKSHOP 1 | WORKSHOP 2 | WORKSHOP 3 | WORKSHOP 4 | WORKSHOP 5 |
| 09:00 | 09:15 | | Welcome @ ArtGym Sports Centre Acro Clube da Maia, Rua de Almorode, 185, C - Maia | | | | | Warm-Up | | | | | Warm-Up | | | | |
| 09:15 | 09:30 | | | | | | | | | | | | | | | | |
| 09:30 | 09:45 | 1 | BALANCE I with Yves Vander Donckt | CHOREO I with Rita Figueiredo | TOPS WORKOUT (PAIRS) with Rita Teixeira & Carolina Dias | BASES WORKOUT (PAIRS) with Rita Ferreira & Beatriz Carneiro | NUTRITION FOR GYMNASTICS with Dra. Úrsula Martins | BALANCE II with Yves Vander Donckt | COACHING SESSION with Lourenço França | COACHING SESSION with João Maia | ROUTINE CLEANING with Úrsula Martins | TRAMPOLINE I (DOUBLE & MORE) with António Martins | COACHING SESSION with Yves Vander Donckt | COACHING SESSION with Lourenço França | COACHING SESSION with João Maia | COACHING SESSION with Nelson Araújo | ROUTINE CLEANING with Úrsula Martins |
| 09:45 | 10:00 | | | | | | | | | | | | | | | | |
| 10:00 | 10:15 | | | | | | | | | | | | | | | | |
| 10:15 | 10:30 | | | | | | | | | | | | | | | | |
| 10:30 | 10:45 | | | | | | | | | | | | | | | | |
| 10:45 | 11:00 | | COFFEE BREAK - PAUSA PARA CAFÉ | | | | | COFFEE BREAK - PAUSA PARA CAFÉ | | | | | COFFEE BREAK - PAUSA PARA CAFÉ | | | | |
| 11:00 | 11:15 | | | | | | | | | | | | | | | | |
| 11:15 | 11:30 | | | | | | | | | | | | | | | | |
| 11:30 | 11:45 | 2 | BALANCE I with Yves Vander Donckt | CHOREO I with Rita Figueiredo | TOPS WORKOUT (PAIRS) with Rita Teixeira & Carolina Dias | BASES WORKOUT (PAIRS) with Rita Ferreira & Beatriz Carneiro | BASIC LIFE SUPPORT with Dr. João Maia | BALANCE II with Yves Vander Donckt | COACHING SESSION with Lourenço França | COACHING SESSION with João Maia | ROUTINE CLEANING with Úrsula Martins | TRAMPOLINE I (DOUBLE & MORE) with António Martins | COACHING SESSION with Yves Vander Donckt | COACHING SESSION with Lourenço França | COACHING SESSION with João Maia | COACHING SESSION with Nelson Araújo | ROUTINE CLEANING with Úrsula Martins |
| 11:45 | 12:00 | | | | | | | | | | | | | | | | |
| 12:00 | 12:15 | | | | | | | | | | | | | | | | |
| 12:15 | 12:30 | | | | | | | | | | | | | | | | |
| 12:30 | 12:45 | | | | | | | | | | | | | | | | |
| 12:45 | 13:00 | | LUNCH - ALMOÇO | | | | | LUNCH - ALMOÇO | | | | | LUNCH - ALMOÇO | | | | |
| 13:00 | 13:15 | | | | | | | | | | | | | | | | |
| 13:15 | 13:30 | | | | | | | | | | | | | | | | |
| 13:30 | 13:45 | | | | | | | | | | | | | | | | |
| 13:45 | 14:00 | | | | | | | | | | | | | | | | |
| 14:00 | 14:15 | | | | | | | | | | | | | | | | |
| 14:15 | 14:30 | 3 | DYNAMIC I with João Maia | CHOREO II with Úrsula Martins | TOPS WORKOUT (GROUPS) with Miguel Silva & Francisca Maia | BASES WORKOUT (GROUPS) with Carolina Marques & Eduarda Portela | PLANNING with Lourenço França | DYNAMIC II with João Maia | COACHING SESSION with Yves Vander Donckt | COACHING SESSION with Nelson Araújo | ROUTINE CLEANING with Úrsula Martins | TRAMPOLINE II (TWISTS) with António Martins | COACHING SESSION with Yves Vander Donckt | COACHING SESSION with Lourenço França | COACHING SESSION with João Maia | COACHING SESSION with Nelson Araújo | ROUTINE CLEANING with Úrsula Martins |
| 14:30 | 14:45 | | | | | | | | | | | | | | | | |
| 14:45 | 15:00 | | | | | | | | | | | | | | | | |
| 15:00 | 15:15 | | | | | | | | | | | | | | | | |
| 15:15 | 15:30 | | | | | | | | | | | | | | | | |
| 15:30 | 15:45 | | COFFEE BREAK - PAUSA PARA CAFÉ | | | | | COFFEE BREAK - PAUSA PARA CAFÉ | | | | | COFFEE BREAK - PAUSA PARA CAFÉ | | | | |
| 15:45 | 16:00 | | | | | | | | | | | | | | | | |
| 16:00 | 16:15 | | | | | | | | | | | | | | | | |
| 16:15 | 16:30 | | | | | | | | | | | | | | | | |
| 16:30 | 16:45 | 4 | DYNAMIC I with João Maia | CHOREO II with Úrsula Martins | TOPS WORKOUT (GROUPS) with Miguel Silva & Francisca Maia | BASES WORKOUT (GROUPS) with Carolina Marques & Eduarda Portela | PLANNING with Lourenço França | DYNAMIC II with João Maia | COACHING SESSION with Yves Vander Donckt | COACHING SESSION with Nelson Araújo | ROUTINE CLEANING with Úrsula Martins | TRAMPOLINE II (TWISTS) with António Martins | COACHING SESSION with Yves Vander Donckt | COACHING SESSION with Lourenço França | COACHING SESSION with João Maia | COACHING SESSION with Nelson Araújo | ROUTINE CLEANING with Úrsula Martins |
| 16:45 | 17:00 | | | | | | | | | | | | | | | | |
| 17:00 | 17:15 | | | | | | | | | | | | | | | | |
| 17:15 | 17:30 | | | | | | | | | | | | | | | | |
| 17:30 | 17:45 | | | | | | | | | | | | | | | | |
| 17:45 | 18:00 | | Tiny Break - Pequeníssima Pausa | | | | | | | | | | FAIRWELL / CLOSING - ENCERRAMENTO | | | | |
| 18:00 | 18:15 | | | | | | | | | | | | | | | | |
| 18:15 | 18:30 | | Be the best you can be with Lourenço França | | | | | | | | | | | | | | |
| 18:30 | 18:45 | | | | | | | | | | | | | | | | |
| 18:45 | 19:00 | | | | | | | | | | | | | | | | |
| 19:00 | 19:15 | | | | | | | DINNER - JANTAR | | | | | | | | | |
| 19:15 | 19:30 | | | | | | | | | | | | | | | | |
| 19:30 | 19:45 | | | | | | | | | | | | | | | | |
| 19:45 | 20:00 | | | | | | | | | | | | | | | | |
| 20:00 | 20:15 | | DINNER - JANTAR | | | | | | | | | | | | | | |
| 20:15 | 20:30 | | | | | | | | | | | | | | | | |
| 20:30 | 20:45 | | | | | | | | | | | | | | | | |
| 20:45 | 21:00 | | | | | | | Activities - Let's play!!! | | | | | | | | | |

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|------------------------|
| Acro Workshops |
| Choreography Workshops |
| General Workshops |