Spring Acro Camp 2

26-27-28 March 2024

		DAY 1 - TUESDAY - 26 MARCH						DAY 2 - WEDNESDAY - 27 MARCH					DAY 3 - THURSDAY - 28 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			Welcon	ne @ ArtGym Spoi	rts Centre	'	Warm-Up					Warm-Up					
09:15	09:30		Acro Clube da Maia, Rua de Almorode, 185, C - Maia					waiiii-Op					warm op					
09:30	09:45				TOPS	BASES				BASES	TOPS			COACHING		COACHING		
09:45	10:00		BALANCE I	CHOREO I	WORKOUT	WORKOUT	NUTRITION FOR	BALANCE II	ROUTINE	WORKOUT	WORKOUT	TRAMPOLINE II	COACHING	SESSION	COACHING	SESSION	ROUTINE	
10:00 10:15	10:15 10:30	1	with	with Perdie Millard	(GROUPS) with Miguel Silva & Francisca Maia	(GROUPS) with Yves Vander Donckt	GYMNASTICS with Úrsula Martins	with Yves Vander Donckt	CLEANING with Perdie Millard	(PAIRS) with Sergey Popov	(PAIRS) with Carolina Dias & Rita Teixeira	(TWISTS) with António Martins	SESSION with Sergey Popov	with Lourenço França	SESSION with João Maia	with Yves Vander Donckt	CLEANING with Perdie Millard	
10:15	10:30		Sergey Popov															
10:45	11:00																	
11:00	11:15		COFFEE BREAK - PAUSA PARA CAFÉ					COFFEE BREAK - PAUSA PARA CAFÉ					COFFEE BREAK - PAUSA PARA CAFÉ					
11:15	11:30		3322 77.83.77					COLLE BILLAK - FAUSA FAIKA CALE					COTTLE BILLAK TAGSA TANA CATE					
11:30	11:45	- - 2	BALANCE I with Sergey Popov	CHOREO I with Perdie Millard	TOPS WORKOUT (GROUPS) with Miguel Silva & Francisca Maia	BASES WORKOUT (GROUPS) with Yves Vander Donckt	BASIC LIFE SUPPORT with João Maia	BALANCE II with Yves Vander Donckt	ROUTINE CLEANING with Perdie Millard	BASES WORKOUT (PAIRS) with Sergey Popov	TOPS WORKOUT (PAIRS) with Carolina Dias & Rita Teixeira	TRAMPOLINE II (TWISTS) with António Martins	COACHING SESSION with Sergey Popov	COACHING SESSION with Lourenço França	COACHING SESSION with João Maia	COACHING SESSION with Yves Vander Donckt	ROUTINE CLEANING with Perdie Millard (27th - 18h15)	
11:45	12:00																	
12:00	12:15																	
12:15 12:30	12:30 12:45																	
12:45	13:00																	
13:00	13:15																	
13:15	13:30																	
13:30	13:45			LUNCH - ALMOÇO				LUNCH - ALMOÇO					LUNCH - ALMOÇO					
13:45	14:00																	
14:00	14:15																	
14:15 14:30	14:30 14:45																	
14:45	15:00	3	DYNAMIC I with Yves Vander Donckt	CHOREO II with Perdie Millard	COACHING SESSION with Sergey Popov	COACHING SESSION with João Maia	TRAMPOLINE I (DOUBLE & MORE) with António Martins	DYNAMIC II with Sergey Popov	ROUTINE CLEANING with Perdie Millard	COACHING SESSION with Yves Vander Donckt	COACHING SESSION with João Maia	TRAMPOLINE III (DOUBLES + TWISTS) with António Martins	COACHING SESSION with Sergey Popov	COACHING SESSION with Lourenço França	COACHING SESSION with João Maia	COACHING SESSION with Yves Vander Donckt	ROUTINE CLEANING with	
15:00	15:15																	
15:15	15:30																	
15:30	15:45																Úrsula Martins	
15:45	16:00																	
16:00	16:15		COFFEE BREAK - PAUSA PARA CAFÉ					COFFEE BREAK - PAUSA PARA CAFÉ					COFFEE BREAK - PAUSA PARA CAFÉ					
16:15	16:30																	
16:30 16:45	16:45 17:00		DYNAMIC I with	CHOREO II	COACHING SESSION	COACHING SESSION	TRAMPOLINE I (DOUBLE & MORE)	DYNAMIC II	ROUTINE CLEANING	COACHING SESSION	COACHING SESSION	TRAMPOLINE III (DOUBLES +	COACHING SESSION	COACHING SESSION	COACHING SESSION	COACHING SESSION	ROUTINE CLEANING	
17:00	17:15	1 .																
17:15	17:30	4	Yves Vander	with Perdie Millard	with	with	with	with Sergey Popov	with	with Yves Vander	with	TWISTS) with	with	with Lourenço	with	with Yves Vander	with	
17:30	17:45		Donckt		Sergey Popov	João Maia	António Martins	33 637 373	Perdie Millard	Donckt	João Maia	António Martins	Sergey Popov	França	João Maia	Donckt	Úrsula Martins	
17:45	18:00					_												
18:00	18:15			Tiny B	Break - Pequeníssin							FAIRWELL / CLOSING - ENCERRAMENTO						
18:15	18:30			В	se the best you can													
18:30 18:45	18:45 19:00				with													
19:00	19:15				Lourenço França	1				DININED IANT	n.							
19:15	19:30							DINNER - JANTAR					Acro Workshops					
19:30	19:45												Choreography Workshops					
19:45	20:00		DINNER - JANTAR									Vorkshops						
20:00	20:15																	
20:15	20:30		Activities - Let's play!!!															
20:30 20:45	20:45 21:00																	