

TIME	THURSDAY
16:00 - 19:00	Hall open - Open training / Jam

TIME	FRIDAY
10:00	Hall opens & Warm up
10:30 - 12:00	Cocoon - Sara Granda Soft Acrobatics - Nat Whittingham - All levels
13:00 - 14:30	Trapeze - Charlotte Bruce Soft Acrobatics - Nat Whittingham - Beginners Icarian Cartwheels - Sunshine Acro, Liam Carmody & Pauline Talon - Intermediate
15:00 - 16:30	Aerial Hoop - Sara Granda Banquine - Fundamentals & Progressions - Liam Carmody & Pauline Talon - Intermediate Aerial Hoop, Spins and Flares Masterclass - Chloe Commins Pre-booking required see website for more information and booking link Intro to Logs - Sunshine Acro Paul Carolo & Ammanda Christensen - Beginners
Hall closes at 19:00	Open training / Jam

TIME	SATURDAY
10:00	Hall opens & Warm up
10:30 - 12:00	Fabrics - Charlotte Bruce Soft Acrobatics - Nat Whittingham - Beginners Castaway - Sunshine Acro, Paul Carolo & Ammanda Christensen - Advanced
13:00 - 14:30	Trapeze - Charlotte Bruce Soft Acrobatics - Nat Whittingham - Advanced Partner Acro Fundamentals - Liam Carmody & Pauline Talon - Beginners Hoop & Roll flow Masterclass - Chloe Commins Pre-booking required see website for more information and booking link
15:00 - 16:30	Cocoon - Sara Granda Pyramids / Towers - Liam Carmody & Pauline Talon - Intermediate
Hall closes at 16:30	Open training / Jam

TIME	SUNDAY
10:00	Hall opens & Warm up
10:30 - 12:00	Funky Pops - Sunshine Acro, Paul Carolo & Ammanda Christensen - Beginners Aerial Hoop - Sara Granda
13:00 - 14:30	Group Acro - Liam Carmody & Pauline Talon - Intermediate Fabrics - Charlotte Bruce
Up to 16:00	Open training / Jam
16:00 - 17:00	Circus Olympics

Beginners = First time or little experience
Intermediate = Improvers, knows the basics
Advanced = Have a lot of experience

Provisional schedule, workshops may change, see schedule in hall for up to date version.

Aerial workshops are mixed levels, however we do not offer complete beginner workshops in Aerial unfortunately.

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