

## DADA TIMETABLE 2022

### Arrival Day - Wed (1x class)

17h00– 18h30 DADA participants arrive + settle

18h30 – 19h30 Movement class (ML) 1h

19h30 – 21h00 Dinner Delicious (meet your fellow DADA participants)

### DAY 1 - Thurs (5x classes + 1x Atelier)

7h30 – 8h30 Breakfast Booster

8h30 – 9h30 Yoga / warm up (AY) 1h

9h30 – 11h00 Hoop (ANC) / rope (AY) / tissue (LBo) tech 1h30

11h15 – 12h45 Vertical dance (wall) + aerial dance harness tech (novice) (LBU + ML) 1h30

13h00 – 14h00 Lunch Crunch

14h15 - 15h00 Body Conditioning + Stretch (LBo) 45m

15h00 – 16h30 Hoop (ANC) / rope (AY) / tissue (LBo) (creation) 1h30

16h45 – 18h15 Vertical dance (wall) + aerial dance harness (floor) tech (inter/adv) (LBU + ML) 1h30

18h30 – 19h30 **Atelier (CREATION DISCUSSION) 1h**

19h30 – 21h00 Dinner Delicious (continue with creation discussion)

### DAY 2 - Fri (4x classes + 1x AT)

7h30 – 8h30 Breakfast Booster

8h30 – 9h30 Yoga / warm up (AY) 1h

9h30 – 11h00 Acrobatics + Handstand (tech) (LBo) 1h30

11h15 – 12h45 Vertical dance (wall) + aerial dance (floor) tech (inter/adv) (LBU + ML) 1h30

13h00 – 14h00 Lunch Crunch

14h00 – 15h00 **Atelier (POWER FOOD) 1h**

15h15 – 17h00 Aerial dance harness creation (All levels) (LBU) 1h45

17h15– 18h45 Contact Improvisation (ML) 1h30

19h00 – 20h30 Dinner Delicious

### DAY 3 - Sat (5x classes + 1x AT)

7h30 – 8h30 Breakfast Booster

8h30 – 9h30 Dance class / warm up (ML) 1h

9h30 – 11h00 Hoop (ANC) / rope (AY) / tissue (LBo) (tech) 1h30

11h15 – 12h45 Vertical dance (wall) + aerial dance harness (floor) tech (novice) (LBU + ML) 1h30

13h00 – 14h00 Lunch Crunch

14h15 - 15h00 Body Conditioning + Stretch (LBo) 45m

15h00 – 16h30 Hoop (ANC) / rope (AY) / tissue (LBU) (creation) 1h30

16h45 – 18h30 Vertical dance creation (inter/adv) (LBU + ML) 1h30

18h30 – 19h00 **Atelier (LEARN NOW TO MASSAGE) 1h**

19h30 – 20h30 Dinner Delicious

**DAY 4 - Sun (4x classes + 1x AT)**

7h30 – 8h30 Breakfast Booster

8h30 – 9h30 Yoga / warm up (AY) 1h

9h30 – 11h00 Acrobatics + Handstand (tech) (LBo)

11h15 – 12h45 Vertical dance (wall) creation (novice) (LBU + ML) 1h30

13h00 – 14h00 Lunch Crunch

14h00 – 16h00 **Atelier (PRACTICAL RIGGING BASICS)** 2h

16h15 – 17h45 Aerial dance creation (All levels) (LBU) 1h30

18h00 – 19h00 Contact Improvisation (ML) 1h

19h00 – 20h30 Dinner Delicious

**DAY 5 - Mon (Departure Day / 1x class + DADA Presentation)**

7h30 – 8h30 Breakfast Booster

8h30 – 9h30 Dance class / warm up (ML) 1h

9h30 – 11h30 Hoop (ANC) Aerial + Dance medley / rope (AY) / tissue (LBo) (creation) + Vertical wall + floor (creation) (All levels) (LB + ML) 2h

12h00 – 13h30 Presentation + sharing of work (not obligatory)

14h00 – 15h30 Lunch Crunch (final group meal)...