

Breakfast at 08:30 - 09:30

Morning meeting in the big gym 10:15 - 10:30

| Time/Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|---|
| 09:45 -10:15 | Yoga (Daniela) | Yoga (Tayhana) | Yoga (Tayhana) | Yoga/Mobility (Anna) | Yoga (Daniela) |
| Morning Meeting in the big gym Mon - Fri : 10.15-10.30 | | | | | |
| 10:35 -11:35 | Dancehall (Daniela, 2) Floorwork (Nancy, Open) Reggaeton (Jetson, 1) Salsa with Seo & Eneris | Brazilian Funk (Camila, 1) Hip Hop (Ida, 2) Dance Technique (Tayhana, Open) Salsa with Seo & Eneris | Afrobeat (Anna F, 1) Heels (Tayhana, Open) Reggaeton (Jetson, 2) Salsa with Seo & Eneris | Burlesque (Jetson, 2) Twerk (Karolina, 1) K-pop (Annika/Patricia, Open) Salsa with Seo & Eneris | Modern (Daniela, Open) Heels (Nancy, 2) Reggaeton (Jetson, Open) Salsa with Seo & Eneris |
| 11:45 - 12:45 | Girly Hip Hop (Nancy, 2) Jazz & modern (Daniela, Open) Soca (Anna M, 1) Bachata with Seo & Eneris | Choreography (Jetson, 1) Brazilian Funk (Camila, 2) Girly Hip Hop (Tayhana, Open) Bachata with Seo & Eneris | Reggaeton (Karolina, 1) Contemporary (Tayhana, Open) Afrobeat (Anna F, 2) Bachata with Seo & Eneris | Reggaeton (Karolina, 1) Commercial hip hop (Anna M, 2) Afrobeat (Anna F, Open) Bachata with Seo & Eneris | Reggaeton in heels (Daniela, Open) Show Class (Jetson, 1) Girly Hip Hop (Nancy, 2) Bachata with Seo & Eneris |
| 15:00-16:00 | | | | | 15:00 - 16:30 Workshop and show case with Seo, Eneris and all the teaches from ElStudio We will film a concept video! |
| 16:00-17:00 | Hip Hop (Anna M, 2) Reggaeton (Daniela, 1) Chair dance (Jetson, Open) Bachata with Seo & Eneris | Burlesque (Tayhana, 2) Reggaeton (Jetson, 1) Hip Hop (Ida, Open) Female Dancehall & booty (Anna M, Open) | Choreography (Jetson, 2) Twerk (Karolina, 1) Dancehall Queen Style (Anna M, Open) Reggaeton & Hip Hop (Seo, Open) | K-pop (Annika/Patricia, Open) Choreography (Jetson, 2) Girly Hip Hop (Mie, 1) Reggaeton (Open, Eneris) | 16:30 - 17:00 Feedback and Evaluation |
| 17:15-18:15 | Bellydance (Daniela, Open) Reggaeton (Jetson, Open) Dancehall (Anna M, 1) Salsa Lady Style (Eneris, Open) | Soca (Anna M, 2) Salsa with Funk (Seo, Open) Hip Hop (Ida, 1) Bachata Lady Styling (Eneris, Open) | Afro in Heels (Karolina + Anna F, Open) Commercial Hip Hop (Tayhana, 1) Waacking (Anna M, Open) Reggaeton in pairs (Seo & Eneris, Open) | Female Dancehall (Anna M, Open) Dance Mix (Mie, 1) Reggaeton (Jetson, 2) Burlesque (Nancy, 2) | |
| | Talk with Daniela (or maybe Seo and Eneris) Cosy Night | Talk with Jetson & Tayhana Cosy night | Talk with Anna F & Karolina Cosy night | Talk with Anna & Nancy Cosy Night | Big party |

Dinner all days at 19:30