



# ACROSPRIT FESTIVAL – SCHEDULE

February 9th - 12th, 2024

Location: Ubud, Bali



		DAY 1				DAY 2				DAY 3				DAY 4			
		Stream 1	Stream 2	Stream 3	Stream 4	Stream 1	Stream 2	Stream 3	Stream 4	Stream 1	Stream 2	Stream 3	Stream 4	Stream 1	Stream 2	Stream 3	Stream 4
8:00	9:00	Registration				Lucie - Handstand Entries		Thoriq - Prehab and Mobility		Lucie - Movement Flow		Thoriq - Inversions and Arm Balances		Lucie - Handstand Shapes		Thoriq - Capoeira 101	
		Opening Circle				Break				Break				Break			
9:00	10:00	Icebreakers/Acro games/Group Warmups				Introduction - Group Games / Warm Ups / IceBreakers				Introduction - Group Games / Warm Ups / IceBreakers				Introduction - Group Games / Warm Ups / IceBreakers			
		Spotting and Safety Workshops				Demos				Demos				Demos			
10:00	11:00	Demos				Chris Carlos Crank	Barry and Ksenia Strengthen Your Core	Marysia and Julian Acro Dance Moves	Paulo and Ammanda Reverse Castaway	Barry and Ksenia Acro Fun For Everyone	Tori and Tonda Insta(nt) Acro	Duo Die Pitching 101	Sebastian Pirouettes to IZ!	Chris Carlos 4 Point	Marysia and Julian Shape, Control, Awareness	Caspian and Laura Reverse Your Standing Hand to Hands	Pauli and Nacho Backwhip 360
11:00	12:00	Sebastian Keepin It Safe	Callan and Hayden Standing Foot to Hand	Paulo and Ammanda No Hands Pickpocket	Marysia and Julian Varietal Pizza	Acro Jam				Acro Jam			Acro Jam		Photoshoot Slots		
12:00	13:00	Lunch				Lunch				Lunch			Lunch		Photoshoot Slots		
13:00	14:00	Lunch				Lunch				Lunch			Lunch		Photoshoot Slots		
14:00	15:00	Demos				Demos				Demos				Demos			
15:00	16:00	Chris Carlos Intro to 3 Highs	Paulo and Ammanda Dizzy Ice Cream	Mati and Coni Martini	Pauli and Nacho Mortalito as high as possible	Sebastian L-base something	Tori and Tonda Find your favourite 2 high entry	Mati and Coni Put flow on your whips	Duo Die The Wild World of Inticates	Marysia and Julian Counterbalance Poses	Sebastian Intro to Cascades	Tori and Tonda Foot to Hand Elevator	Mati and Coni Bake your Royal Pancake	Flo and Lloydie Fuzzy Duck	Duo Die Spinning The Log	Paulo and Ammanda Cartwheel Icarians	Chris Carlos 1 foot and 1 arm
		Break				Break				Break				Break			
16:00	17:00	Demos				Demos				Demos				Group Photos			
17:00	18:00	Marysia and Julian Accessible Acro Dance	Mati and Coni How to make a good whip	Tori and Tonda Raise your Hand to Hand	Duo Die Castaways: Build Up and Sail	Caspian and Laura Pop it like it's hot	Callan and Hayden Flow to the Stars	Pauli and Nacho Castaway No Hands	Sebastian Standing Dynamics Foundations	Flo and Lloydie Smooth Criminal	Callan and Hayden Around of Applause Dance Lifts	Chris Carlos 3 Highs	Pauli and Nacho Tarzan to Throne and Whale	Acrolympics (PRIZES TO BE WON)			
		Break				Dinner				Break				Closing Circle			
18:00	19:00	Sheryl Thai Massage	Mike Physio Q + A	Jam		Dinner				Sheryl Thai Massage	Caspian and Laura Acro Talk	Jam		Closing Circle			
19:00	20:00	Dinner		Jam		Special Performance				Dinner		Jam		Closing Circle			
20:00	21:00	Dinner		Jam		Ecstatic Dance				Dinner		Jam		Closing Circle			

Group Activity
All Levels Acro Class or Jam
Beginner/Intermediate Acro Class
Intermediate Acro Class
Intermediate/Advanced Acro Class
Advanced Acro Class