

THURSDAY 8TH OCTOBER 2020			
	Room A		Room B
CHECK-IN			
10.30am – 11.45am	Exotic Technique Beginners (Sasha Meow)		Static Pole Flow (Kira Noire)
12pm – 2pm	LUNCH		
2pm – 3.15pm	Exotic Hard Interm./Adv. (Sasha Meow)		Russian Exotic Pole Flow Beginners (Kira Noire)
3.30pm – 4.45pm	Exotic Flow Beginners (Sasha Meow)		Crazy Russian Pole (Kira Noire)
5pm – 6.15pm	Pole Tricks & Transitions (Evgeny)		Earthed (Bendy Kate)
6.30pm – 7.45pm	Drops, Slides & Acrobatics (Evgeny)		Quirky (Bendy Kate)
7.00pm – 9.00pm	DINNER		

FRIDAY 9TH OCTOBER 2020			
	Room A		Room B
7am – 9am	BREAKFAST		
9am – 10.15am	Pole Choreography (Evgeny)		Floor Bohemia (Bendy Kate)
10.30am – 11.45am	Low Flow Pole (Evgeny)		Injury Prevention and Active Flexibility (Bendy Kate)
12pm – 2pm	LUNCH		
2pm – 3.15pm	Power Pole (Evgeny)		Airborne (Bendy Kate)
3.30pm – 4.45pm	Exotic Flow Interm./Adv. (Sasha Meow)		Russian Exotic Pole Dynamic Interm./Adv. (Kira Noire)
5pm – 6.15pm	Exotic Tricks/Transitions Beginners (Sasha Meow)		Power Pole (Kira Noire)
6.30pm – 7.45pm	Exotic Hard Beginners (Sasha Meow)		Spinning Pole Combos (Kira Noire)
7.00pm – 9.00pm	DINNER		
9.00pm	POLE OFF COMPETITION		

SATURDAY 10TH OCTOBER 2020			
	Room A		Room B
7am – 9am	BREAKFAST		
9am – 10.15am	Airborne (Bendy Kate)		Russian Exotic Pole Flow Interm./Adv. (Kira Noire)
10.30am – 11.45am	Earthed (Bendy Kate)		Russian Exotic Pole Dynamic Beginners (Kira Noire)
12pm – 2pm	LUNCH		
2pm – 3.15pm	Quirky (Bendy Kate)		Power Pole (Kira Noire)
3.30pm – 4.45pm	Pole Tricks & Transitions (Evgeny)		Exotic Technique Beginners (Sasha Meow)
5pm – 6.15pm	Drops, Slides & Acrobatics (Evgeny)		Exotic Flow Beginners (Sasha Meow)
6.30pm – 7.45pm	Power Pole (Evgeny)		Power Exotic (Sasha Meow)
7.00pm – 9.00pm	DINNER		
9.00pm	MEET AND GREET		

SUNDAY 11TH OCTOBER 2020			
	Room A		Room B
7am – 9am	BREAKFAST		
9am – 10.15am	Floor Bohemia (Bendy Kate)		Exotic Tricks/Transitions Interm./Adv. (Sasha Meow)
10.30am – 11.45am	Low Flow Pole (Evgeny)		Spinning Pole Combos (Kira Noire)
12pm – 2pm	LUNCH		
2pm – 3.15pm	Pole Choreography (Evgeny)		Contemporary Pole Choreography (Kira Noire)
3.30pm – 4.45pm	Exotic Flow Interm./Adv. (Sasha Meow)		Flexy Pole (Kira Noire)
CHECK-OUT			