

<b>THURSDAY 28th SEPTEMBER 2023</b>		
	ROOM A	ROOM B
9:00am – 12:00pm	CHECK-IN	
11:45pm – 1:00pm	LEGS FOR DAYS (Estefania Jimenez)	
12:00pm – 2:00pm	LUNCH	
1:15pm – 2:30pm	CHOREOGRAPHY (Jordan Kensley)	
2:45pm – 4:00pm	POWER UP (Jordan Kensley)	STRETCHING (Evgeny Greshilov)
4:15pm – 5:30pm	POLE CHOREOGRAPHY (Evgeny Greshilov)	ARE YOU FLOOR REAL?! (Jordan Kensley)
5:45pm – 7:00pm	FLOW HEELS (Anna Valfsson)	FLOORWORK FOUNDATIONS (Estefania Jimenez)
7:15pm – 8:30pm	STATIC BADASSERY (Estefania Jimenez)	SEAMLESS STATIC (Anna Valfsson)
7:00pm - 9:00pm	DINNER	
9:00pm	MEET & GREET	

<b>FRIDAY 29th SEPTEMBER 2023</b>		
	ROOM A	ROOM B
7:00am – 9:00am	BREAKFAST	
9:00am – 10:15am	POLE SHAPES (Evgeny Greshilov)	
10:30am – 11:45am	PLANKS & SKYLINES (Evgeny Greshilov)	
12:00pm – 2:00pm	LUNCH	
1:15pm – 2:30pm	MESMERIZING LEGS (Estefania Jimenez)	FOR THE LOVE OF SPINNY (Anna Valfsson)
2:45pm – 4:00pm	SULTRY SPIN COMBOS (Estefania Jimenez)	LEARN TO LOVE STRETCHING! (Anna Valfsson)
4:15pm – 5:30pm	CONTEMPORARY POLE CHOREO (Anna Valfsson)	LEG EXTENSIONS (Estefania Jimenez)
5:45pm – 7:00pm	BASEWORK (Jordan Kensley)	DROPS & ACROBATICS (Evgeny Greshilov)
7:15pm – 8:30pm	YOU JUST DO IT! (Jordan Kensley)	
7:00pm - 9:00pm	DINNER	
9:00pm	POLE-OFF COMPETITION	

<b>SATURDAY 30th SEPTEMBER 2023</b>		
	ROOM A	ROOM B
7:00am – 9:00am	BREAKFAST	
9:00am – 10:15am	THE SEXY OLD WAYS (Estefania Jimenez)	
10:30am – 11:45am	STATIC BADASSERY (Estefania Jimenez)	
12:00pm – 2:00pm	LUNCH	
1:15pm – 2:30pm	WILD CARD TRICKS (Jordan Kensley)	EXOTIC TRICKS (Evgeny Greshilov)
2:45pm – 4:00pm	DROPS & ACROBATICS (Evgeny Greshilov)	
4:15pm – 5:30pm	YOU GOT THE POWER! (Anna Valfsson)	FLOORWORK FOUNDATIONS (Estefania Jimenez)
5:45pm – 7:00pm	FOR THE LOVE OF SPINNY (Anna Valfsson)	CHOREOGRAPHY (Jordan Kensley)
7:15pm – 8:30pm	S3X: SIT, STRIP, SEDUCE (Jordan Kensley)	
7:00pm - 9:00pm	DINNER	

<b>SUNDAY 1st OCTOBER 2023</b>		
	ROOM A	ROOM B
7:00am – 9:00am	BREAKFAST	
9:00am – 10:15am	BASEWORK (Jordan Kensley)	CONTEMPORARY POLE CHOREO (Anna Valfsson)
10:30am – 11:45am	SEAMLESS STATIC (Anna Valfsson)	ARE YOU FLOOR REAL?! (Jordan Kensley)
12:00pm – 2:00pm	LUNCH	
1:15pm – 2:30pm	SULTRY SPIN COMBOS (Estefania Jimenez)	
2:45pm – 4:00pm	MESMERIZING LEGS (Estefania Jimenez)	POLE SHAPES (Evgeny Greshilov)
4:15pm – 5:30pm	TRICKS & TRANSITIONS (Evgeny Greshilov)	LEGS FOR DAYS (Estefania Jimenez)
CHECK-OUT		