

THURSDAY 3rd OCTOBER 2024		
	ROOM A	ROOM B
2:00pm	CHECK-IN	
11:45pm – 1:00pm	HANDSTANDS (Lisette Krol)	
12:00pm – 2:00pm	LUNCH	
1:15pm – 2:30pm	EXOTIC TRICKS (Evgeny Greshilov)	
2:45pm – 4:00pm	DEADLIFTS & PLANKS (Evgeny Greshilov)	
4:15pm – 5:30pm		ACTIVE FLEXY LEGS (Lisette Krol)
5:45pm – 7:00pm	COALITION FLOOR TO POLE (Lisette Krol)	SLINK (Carmine Black)
7:15pm – 8:30pm	EROTIQUE (Carmine Black)	DROPS & ACROBATICS (Evgeny Greshilov)
7:00pm - 9:00pm	DINNER	
9:00pm	MEET & GREET	

FRIDAY 4th OCTOBER 2024		
	ROOM A	ROOM B
7:00am – 9:00am	BREAKFAST	
9:00am – 10:15am	POLE FLOW (Lisette Krol)	CONTEMPORARY (Evgeny Greshilov)
10:30am – 11:45am	HEEL LAB (Carmine Black)	
12:00pm – 2:00pm	LUNCH	
1:15pm – 2:30pm		
2:45pm – 4:00pm	POLEOGRAPHY (Evgeny Greshilov)	
4:15pm – 5:30pm	TRICKS & TRANSITIONS (Evgeny Greshilov)	HEELS CHOREO (Lisette Krol)
5:45pm – 7:00pm	HYBRID STATIC ELEMENTS (Lisette Krol)	
7:15pm – 8:30pm	SENSUAL FLOW (Carmine Black)	
7:00pm - 9:00pm	DINNER	
9:00pm	POLE-OFF COMPETITION	

SATURDAY 5th OCTOBER 2024		
	ROOM A	ROOM B
7:00am – 9:00am	BREAKFAST	
9:00am – 10:15am	/	/
10:30am – 11:45am	SLINK (Carmine Black)	HANDSTANDS (Lisette Krol)
12:00pm – 2:00pm	LUNCH	
1:15pm – 2:30pm		STRETCHING (Evgeny Greshilov)
2:45pm – 4:00pm	POLE SHAPES (Evgeny Greshilov)	
4:15pm – 5:30pm	SPLITTY POLE TRICKS (Lisette Krol)	
5:45pm – 7:00pm	POWER POLE (Lisette Krol)	
7:15pm – 8:30pm	DROPS & ACROBATICS (Evgeny Greshilov)	EROTIQUE (Carmine Black)
7:00pm - 9:00pm	DINNER	

SUNDAY 6th OCTOBER 2024		
	ROOM A	ROOM B
7:00am – 9:00am	BREAKFAST	
10:00am	<i>CHECK-OUT (from hotel room)</i>	
9:00am – 10:15am	SENSUAL FLOW (Carmine Black)	DEADLIFTS & PLANKS (Evgeny Greshilov)
10:30am – 11:45am	HYBRID STATIC ELEMENTS (Lisette Krol)	HEEL LAB (Carmine Black)
12:00pm – 2:00pm	LUNCH	
1:15pm – 2:30pm	TRICKS & TRANSITIONS (Evgeny Greshilov)	ACRO FLOW HEELS (Lisette Krol)