



Day 1: Thursday 11

1-2pm: Studio Orientation (Meet in reception) & Intro Circle (Sala Free)

2-3pm: Yoga with Raphaella

3-4:30pm: Art of Seduction (Sala Free)

5-6pm: Pole Workshop: Kinetic Blueprint (Foundation Floor Footwork)

6-8pm: Free time

8pm: Group Dinner and Drinks

Day 2: Friday 12

10-11am: Yoga Handstands (Sala Zen)

11.30-1pm: Barefoot Body Language with Veeniz (Sala Exotic) - Pole base work (spins, bodywaves, upright)

1-5:30pm: Free time

5:30-7pm: Spinning Lyrical Pole with Kike (Sala Exotic)

7-8pm: Aerial Hoop with Kike (Tatami)

Day 3: Saturday 13

10-11am: Yoga Splits (Sala Zen)

11:30-1pm: Pole Choreo: Intro to performance (Sala Free) or Liquid contemporary (sequences)

1-2:30pm: Lunch Break (Local cafe suggestion: All you eat is love)

2:30-4pm: Flow Motion Pole with Kike (Sala Free) + Pole Handstands

4.30-6.30pm: Visit to Sagrada Familia

Free evening

Day 4: Sunday 14 (Studio free day)

Morning: Pole Photo Shoot

Beach day – no evening classes, relax, eat, drink and be merry!

4pm: Beach Pole and Picnic (supplied by Camp) – photo opportunities with Stage Pole

Day 5: Monday 15

11:30-1pm: Low Flow & Tricks (Sala Free)

1-2:30pm: Lunch Break (Local suggestion: Bonna Boca)

2:30-3:30pm: Art of Seduction (Exploration Sequences) Crawling/ backspins/ tracing the lines.

7:30-9pm: Yoga and Meditation in the park (Camp will set up yoga mats)

Day 6: Tuesday 16

Free morning

1:30-2:30pm: Review Session (Sala Exotic)

2:30-3:00pm: Break

3-5pm: Art of Seduction 'Movement by Design' + Freestyle Concepts (Sala Exotic)

5-5:30pm: "Closing 'Goddess' Circle" (Sala Exotic)

6:30pm: Final Night Dinner Celebration

¡Gracias, hasta pronto!