

Circus Training Program

14-25/2/2022

Training content:

- 1- Acrobatic.
- 2- Acrodance.
- 3- Handstand.
- 4- Pair acrobatic and lifting.
- 5- Group acrobatic and human pyramids.
- 6- Team work, concentration, and trust exercises.
- 7- Warming up and cooling down techniques.

Date	Time	Workshop	
14.2.2022	15:00 – 16:30	<ul style="list-style-type: none"> • Ice breaking exercises • Acrodance 	Pio IX 1
15.2.2022	15:00 – 16:30	<ul style="list-style-type: none"> • Concentration exercise • Pair acrobatic and lifting 	Pio IX 1
16.2.2022	15:00 – 16:30	<ul style="list-style-type: none"> • Trust exercise • Acrobatic 	Pio IX 1
17.2.2022	13:00 – 16:30	<ul style="list-style-type: none"> • Team work exercise • Human pyramids • Acrodance • Handstand 	Teatro Ruskaja
18.2.2022	12:45 – 14:45	<ul style="list-style-type: none"> • Pair acrobatic and lifting • Handstand 	Pio IX 1
19.2.2022	14:00 – 16:00	<ul style="list-style-type: none"> • Pair acrobatic and lifting • Acrodance 	PALESTRA GRANDE Pio IX
20.2.2022	--		
21.2.2022	12:00 – 16:00	<ul style="list-style-type: none"> • Acrobatic • Handstand • Pair acrobatic and lifting 	Teatro grande
22.2.2022	12:00 – 16:30	<ul style="list-style-type: none"> • Acrobatic • Handstand • Choreography and creating scenes 	Teatro grande
23.2.2022	12:30 – 17:00	<ul style="list-style-type: none"> • Pair acrobatic and lifting • Handstand 	Teatro grande

		<ul style="list-style-type: none"> • Choreography and creating scenes 	
24.2.2022	12:00 – 16:00	<ul style="list-style-type: none"> • Human pyramids • Acrobatic • Choreography and creating scenes 	Teatro grande
25.2.2022	12:00 – 16:00	<ul style="list-style-type: none"> • Preparation for the final presentation • Show time • Evaluation 	Teatro grande

every day will include: **warming up / Game / Exercise** in the beginning of the training, and **cooling down** at the end of each training.