

DAY 1 - SATURDAY 13TH JANUARY - APAC 2018						
TIME	INDOOR AREA 1	INDOOR AREA 2	AREA 1	AREA 2	AREA 3	AREA 4
7:30AM - 8:30AM	YOGA (JEFF)					
8:30AM - 10:00AM	HANDSTANDS (TIM & TARAH)		*RUSSIAN BAR (DAN) (Sign up required)	GRIP & BALANCE FUNDAMENTALS (HILARY)	TWO HIGHS (POPPY & ZION)	
10:00AM - 11:30AM	RHYTHM & FLOOR WORK (KEITH & RACHEL)			STAR & REVERSE STAR UNIVERSE (HEIDI)	TEMPO TIMERS (HILARY)	
11:30AM - 2.00PM MIDDAY REST BREAK / LUNCH						
2:00PM - 3:30PM			FUNDAMENTALS OF STANDING H2H (LIAM & MADDY)	STANDING OVERHEAD LIFTS (SCOTT & EBONY)	PARTNER STUNT BASICS (KALI)	
3:30PM - 5:00PM	HANDSTANDS (ISAAC)		TEETERBOARD (AJ)	BASKET TOSSES 101 (KALI)	DYNAMIC ICARIAN FOUNDATIONS AND CONDITIONING (DUO DIE)	
5:00PM - 6:30PM	HEADBALANCE (TOM)		3 HIGHS (SHANNON)		FLOWING THE SPINE (HEIDI)	CRADLE (LIAM & MADDY) (Sign up required)
6:30PM - 7:30PM EVENING REST BREAK / DINNER						
7:30PM - 8:30PM						

DAY 2 - SUNDAY 14TH JANUARY - APAC 2018						
TIME	INDOOR AREA 1	INDOOR AREA 2	AREA 1	AREA 2	AREA 3	AREA 4
7:30AM - 8:30AM	YOGA (JEFF)					
8:30AM - 10:00AM	HANDSTANDS (TIM & TARAH)		*RUSSIAN BAR (DAN) (Sign up required)	CREATIVE COUNTER BALANCING (HEIDI)	THREE HIGH (SHANNON)	PARTNER ACROBATIC CONDITIONING (DUO DIE)
10:00AM - 11:30AM	BREAKDANCE BALANCE (KEITH & RACHEL)		TEETERBOARD (AJ)	SIDE STAR TRANSITIONS (SCOTT & EBONY)	BASKET TOSS SINGLE SKILL (KALI)	
11:30AM - 2.00PM MIDDAY REST BREAK / LUNCH						
2:00PM - 3:30PM			SKILL SPECIFIC STRENGTH (HILARY)	DYNAMIC THROWS (LIAM & MADDY)		
3:30PM - 5:00PM	HANDSTANDS (ISAAC)			CROC MADAME WASHING MACHINE (HEIDI)	SPORTS ACRO TRIO PYRAMIDS (HILARY)	
5:00PM - 6:30PM			*BASKET FLIPPING (KALI)		RISLEY (POPPY & ZION)	CRADLE (LIAM & MADDY) (Sign up required)
6:30PM - 7:30PM EVENING REST BREAK / DINNER						
7:30PM - 8:30PM	BLUESDANCE (GRAEME & BIBIANA)					

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
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*DENOTES PRE-REQUIST SKILLS (SEE TABLE)

DAY 3 - MONDAY 15TH JANUARY - APAC 2018						
TIME	INDOOR AREA 1	INDOOR AREA 2	AREA 1	AREA 2	AREA 3	AREA 4
7:30AM - 8:30AM	YOGA (JEFF)					
8:30AM - 10:00AM	HANDSTANDS (TIM & TARAH)		*RUSSIAN BAR (DAN) (Sign up required)	*H2H & H2F BASE TRANSITIONS (HILARY)	GROUP BASING - SPINNING (KALI)	
10:00AM - 11:30AM	RISLEY (POPPY & ZION)		BANQUINE (ANDRE')	H2H CONDITIONING (DIO DIE)	CREATIVE TUMBLING (KEITH & RACHEL)	
11:30AM - 2:00PM MIDDAY REST BREAK / LUNCH						
2:00PM - 3:30PM	CONTORTION (ALEXIE)		THREE HIGHS (SHANNON)	PARTNER HANDSTANDS 1 (HEIDI)	*ENTRIES INTO H2H (LIAM & MADDY)	
3:30PM - 5:00PM			*GROUP STUNTS (KALI)	TEETERBOARD (AJ)	PARTNER HANDSTANDS 2 (HEIDI)	
5:00PM - 6:30PM	HANDSTANDS (ISSAC)		*CATCHES & RECATCHES TO WRAP (HILARY)	*1 ARM H2H PROGRESSIONS (LIAM & MADDY)	DYNAMIC FLOW (L-BASE) (SCOTT & EBONY)	
6:30PM - 7:30PM EVENING REST BREAK / DINNER						
7:30PM - 8:30PM	BLUESDANCE (GRAEME & BIBIANA)					

DAY 4 - TUESDAY 16TH JANUARY - APAC 2018						
TIME	INDOOR AREA 1	INDOOR AREA 2	AREA 1	AREA 2	AREA 3	AREA 4
7:30AM - 8:30AM	YOGA (JEFF)					
8:30AM - 10:00AM	*HANDSTANDS (TIM & TARAH)		*RUSSIAN BAR (DAN) (Sign up required)	DYNAMIC ICARIAN (DUO DIE)	*DYNAMIC RECATCHES (LIAM & MADDY)	
10:00AM - 11:30AM	POWER MOVES (KEITH & RACHEL)		TEETERBOARD (AJ)	RISLEY (POPPY & ZION)	L-BASE MACHINES (SCOTT & EBONY)	
11:30AM - 2:00PM MIDDAY REST BREAK / LUNCH						
2:00PM - 3:30PM	CONTORTION (ALEXIE)		*DYNAMIC RECATCHES (LIAM & MADDY)	*L-BASING TRANSITIONS THROUGH H2H (HEIDI)		
3:30PM - 5:00PM	HANDSTANDS (ISAAC)		*THREE HIGHS (SHANNON)		BASIC TUMBLING & BODY CONTROL (KALI)	
5:00PM - 6:30PM	PARTNER STRETCHING (BENNY)		BANQUINE (ANDRE')		PARTNER STUNTING (KALI)	
6:30PM - 7:30PM EVENING REST BREAK / DINNER						
7:30PM - 8:30PM	RENEGADE SHOW!					

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
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*DENOTES PRE-REQUIST SKILLS (SEE TABLE)

PRE-REQUISIT WORKSHOP SKILLS		
DAY	WORKSHOP NAME	PRE-REQUISIT SKILL
DAY 1 (SATURDAY)	RUSSIAN BAR (DAN)	Bases and flyers need to confidently base /fly 2 highs while walking / moving / changing directions. Flyers max weight 65kg (Ideally bases will be at least 30kg heavier than flyers). No more than 6 flyers per 90 minute workshop (the more bases the better).
DAY 2 (SUNDAY)	BASKET FLIPPING (KALI)	Must have taken a basket class with Kali prior to taking this class: if you are a flyer you must have knowledge of a back flip/sault/tuck on the floor or tramp.
	RUSSIAN BAR (DAN)	Bases and flyers need to confidently base /fly 2 highs while walking / moving / changing directions. Flyers max weight 65kg (Ideally bases will be at least 30kg heavier than flyers). No more than 6 flyers per 90 minute workshop (the more bases the better).
DAY 3 (MONDAY)	RUSSIAN BAR (DAN)	Bases and flyers need to confidently base /fly 2 highs while walking / moving / changing directions. Flyers max weight 65kg (Ideally bases will be at least 30kg heavier than flyers). No more than 6 flyers per 90 minute workshop (the more bases the better).
	ENTRIES INTO H2H (LIAM & MADDY)	A solid/safe hand to hand without spotters or mats
	1 ARM H2H PROGRESSIONS (LIAM & MADDY)	A solid/safe hand to hand without spotters or mats
	H2H & H2F BASE TRANSITIONS (HILARY)	H2H and H2F need solid hand to hand and or hand to foot.
	GROUP STUNTS (KALI)	Must have attended at least one stunting workshop with Kali prior.
	CATCHES & RECATCHES TO WRAP (HILARY)	Catches and re-catches needs solid straight jump re-catch and salto experience
DAY 4 (TUESDAY)	RUSSIAN BAR (DAN)	Bases and flyers need to confidently base /fly 2 highs while walking / moving / changing directions. Flyers max weight 65kg (Ideally bases will be at least 30kg heavier than flyers). No more than 6 flyers per 90 minute workshop (the more bases the better).
	HANDSTANDS (TIM & TARAH)	Participants need to have solid straight handstand (able to jump/ kick into handstand and hold minimum 30sec consistently without a spot). Able to transition between tuck, straddle and straight comfortably without falling.
	DYNAMIC RECATCHES (LIAM & MADDY)	Solid tempos and leg catches
	TEETER BOARD (AJ)	Must have capable jumping ability and experience with saulting.
	L-BASING TRANSITIONS THROUGH H2H (HEIDI)	Low and extended h2h and reverse h2h flyers: ability to hold a 5 sec handstand without a spot OR a 30 second handstand with a spot
	THREE HIGHS (SHANNON)	Must have attended at least one other workshop with Shannon over the week
	DYNAMIC RECATCHES (LIAM & MADDY)	Solid tempos and leg catches.