

Sun 22.7 Mon 23.7 Tue 24.7 Wed 25.7 Thu 26.7 Fri 27.7 Sat 28.7 Sun 29.7

Cramésalsalen A-salen Cramésalsalen A-salen Cramésalsalen A-salen Cramésalsalen A-salen Cramésalsalen A-salen Cramésalsalen A-salen

8.00–8.45		BREAKFAST	Floor barre – all (Cederwall Broberg)	BREAKFAST	Floor barre – all (Cederwall Broberg)	BREAKFAST	Floor barre – all (Cederwall Broberg)	BREAKFAST	Floor barre – all (Cederwall Broberg)	BREAKFAST	Check-out before 12
9.00–9.45		BREAKFAST	Yoga – all (Bergström)	BREAKFAST	Yoga – all (Bergström)	BREAKFAST	Yoga – all (Bergström)	BREAKFAST	Yoga – all (Bergström)	BREAKFAST	
10.00–12.45			Intermediate level (Le Nuz)		Intermediate level (Le Nuz)		Intermediate level (Le Nuz)		Intermediate level (Le Nuz)		Note: Optional courses are given twice so that everyone has the opportunity to attend, and those marked by A and B will have the same content. However, <i>Music forms & Feuillet</i> notation will be divided into two levels.
13.00–14.00		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
14.00–15.30		MIDDAY BREAK		MIDDAY BREAK		MIDDAY BREAK		MIDDAY BREAK		MIDDAY BREAK	
15.30–15.45		TEA/COFFEE		TEA/COFFEE		TEA/COFFEE		TEA/COFFEE		TEA/COFFEE	
16.00–17.30		French folk & renaissance dances A (Blaise)	French folk & renaissance dances B (Blaise)	French folk & renaissance dances A (Blaise)	French folk & renaissance dances B (Blaise)	French folk & renaissance dances A (Blaise)	French folk & renaissance dances B (Blaise)	French folk & renaissance dances A (Blaise)	French folk & renaissance dances B (Blaise)	French folk & renaissance dances A (Blaise)	French folk & renaissance dances B (Blaise)
17.45–18.30	Check-in 17.30–19.30	Yoga/ strength/ stability A (Bergström/ Cederwall Broberg)	Yoga/ strength/ stability B (Bergström/ Cederwall Broberg)	Cramér repertoire A (Cederwall Broberg)	Cramér repertoire A (Cederwall Broberg)	Cramér repertoire A (Cederwall Broberg)	Cramér repertoire A (Cederwall Broberg)	Cramér repertoire A (Cederwall Broberg)	Cramér repertoire A (Cederwall Broberg)	Cramér repertoire A (Cederwall Broberg)	Cramér repertoire A (Cederwall Broberg)
18.45–19.15		Stretch/ massage A (Barkevall)	Stretch/ massage B (Barkevall)	Stretch/ massage A (Barkevall)	Stretch/ massage B (Barkevall)	Stretch/ massage A (Barkevall)	Stretch/ massage B (Barkevall)	Stretch/ massage A (Barkevall)	Stretch/ massage B (Barkevall)	Stretch/ massage A (Barkevall)	Stretch/ massage B (Barkevall)
19.30–20.30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	FAREWELL DINNER PARTY
20.45–21.45	A-salen: Welcome & general information	English country dance evening (Blaise)	Film (Cederwall Broberg/ Modigh)	Renaissance dance evening (Blaise)							

Core programme

Optional course

Sun 5.8 Mon 6.8 Tue 7.8 Wed 8.8 Thu 9.8 Fri 10.8 Sat 11.8 Sun 12.8

	Cramrésalen	A-salen	Cramrésalen	A-salen	Cramrésalen	A-salen	Cramrésalen	A-salen	Cramrésalen	A-salen	BREAKFAST
8.00–8.45											BREAKFAST
9.00–9.45		Yoga – all (Bergström)	Gyrokinesis – all (Giordano)	Yoga – all (Bergström)	Gyrokinesis – all (Giordano)	Yoga – all (Bergström)	Gyrokinesis – all (Giordano)	Yoga – all (Bergström)	Gyrokinesis – all (Giordano)	Gyrokinesis – all (Giordano)	BREAKFAST
10.00–12.45		Advanced level (Berbey)	Advanced level (Berbey)	Advanced level (Berbey)	Advanced level (Berbey)	Advanced level (Berbey)	Advanced level (Berbey)	Advanced level (Berbey)	Advanced level (Berbey)	Advanced level (Berbey)	BREAKFAST
13.00–14.00		Professional level (van Parys)	Professional level (van Parys)	Professional level (van Parys)	Professional level (van Parys)	Professional level (van Parys)	Professional level (van Parys)	Professional level (van Parys)	Professional level (van Parys)	Professional level (van Parys)	BREAKFAST
14.00–15.30		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	MIDDAY BREAK
15.30–15.45		MIDDAY BREAK	MIDDAY BREAK	MIDDAY BREAK	MIDDAY BREAK	MIDDAY BREAK	MIDDAY BREAK	MIDDAY BREAK	MIDDAY BREAK	MIDDAY BREAK	TEA/COFFEE
16.00–17.30		TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE	TEA/COFFEE
17.45–18.30	Check-in 17.30–19.30	Baroque dance technique A (van Parys)	Magri technique A (van Parys)	Italian renaissance dance B (Giordano)	Magri technique B (van Parys)	Italian renaissance dance A (Giordano)	Baroque dance technique A (Berbey)	Baroque dance technique B (Berbey)	Baroque dance technique A (Berbey)	Baroque dance technique B (Berbey)	Baroque dance technique A (Berbey)
18.45–19.15		Baroque dance technique B (Berbey)	Stretch/massage A (Barkevall)	Italian renaissance dance A (Giordano)	Stretch/massage B (Barkevall)	Italian renaissance dance A (Giordano)	Baroque dance technique A (Berbey)	Baroque dance technique B (Berbey)	Baroque dance technique A (Berbey)	Baroque dance technique B (Berbey)	Baroque dance technique A (Berbey)
19.30–20.30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
20.45–21.45	A-salen: Welcome & general information	Swedish contre dance evening (Modigh)	Film (Cederwall Broberg /Modigh)								

Note: Optional courses are given twice so that everyone has the opportunity to attend, and those marked by A and B will have the same content.

Core programme Optional course

FAREWELL DINNER PARTY