

Schedule beginners & intermediate level

19–26 July 2020

	SUN 19.7	MON 20.7		TUE 21.7		WED 22.7		THU 23.7		FRI 24.7		SAT 25.7		SUN 26.7
		Cramérsalen	A-salen	Cramérsalen	A-salen	Cramérsalen	A-salen	Cramérsalen	A-salen	Cramérsalen	A-salen	Cramérsalen	A-salen	
8.00–8.45		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		
9.00–9.45			Yoga (Bergström)	Dance conditioning (Bell)			Yoga (Bergström)	Dance conditioning (Bell)			Yoga (Bergström)	Dance conditioning (Bell)		Checkout before 9.30
10.00–12.45		Intermediate level (Colonna)	Beginners level (Bell)	Beginners level (Bell)	Intermediate level (Colonna)	Intermediate level (Colonna)	Beginners level (Bell)	Beginners level (Bell)	Intermediate level (Colonna)	Intermediate level (Colonna)	Beginners level (Bell)	Beginners level (Bell)	Intermediate level (Colonna)	
13.00–14.00		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		
14.00–15.30		MIDDAY BREAK		MIDDAY BREAK		MIDDAY BREAK		MIDDAY BREAK		MIDDAY BREAK		MIDDAY BREAK		
15.30–15.45		TEA/COFFEE		TEA/COFFEE		TEA/COFFEE		TEA/COFFEE		TEA/COFFEE		TEA/COFFEE		
16.00–17.30		Lambranzi scenes A (Colonna)	Commedia training A (Modigh)	Lambranzi scenes B (Colonna)	Commedia training B (Modigh)	Lambranzi scenes A (Colonna)	Commedia training A (Modigh)	Lambranzi scenes B (Colonna)	Commedia training B (Modigh)	Lambranzi scenes A (Colonna)	Commedia training A (Modigh)	Lambranzi scenes B (Colonna)	Commedia training B (Modigh)	Note: Optional courses marked by A and B will have the same content.
17.45–18.30	Check-in 17.30–19.30	Yoga/strength/stability A (Bergström/Cederwall Broberg)	Music forms and Feuillet notation A (Modigh)	Yoga/strength/stability B (Bergström/Cederwall Broberg)	Music forms and Feuillet notation B (Modigh)	Cramér repertoire A (Cederwall Broberg)	Acting A (Bell)	Cramér repertoire B (Cederwall Broberg)	Acting B (Bell)	Cramér repertoire A (Cederwall Broberg)	Acting A (Bell)	Cramér repertoire B (Cederwall Broberg)	Acting B (Bell)	
18.45–19.15						Stretch (Cederwall Broberg)		Stretch (Cederwall Broberg)		Stretch (Cederwall Broberg)		Stretch (Cederwall Broberg)		
19.30–20.30	DINNER	DINNER		DINNER		DINNER		DINNER		DINNER				
20.45–21.45	A-salen: Welcome & general information	A-salen: Contre dance evening (Modigh)		Kajutan: Film evening (Cederwall Broberg/Modigh)		Kajutan: Film evening (Colonna/Bell)		Kajutan/A-salen: Participants evening				20.00 A-Salen: FAREWELL DINNER		

Core programme

Optional course