

WORKSHOP PLAN

Open level - for all levels

Intermediate level

Beginner/Improver level

Advanced level

All 15 workshops with grey background are **solo** classes and included in the **Ladies Pass**

	Forstanderskapssalen	Gullhallen	Gymsalen (nb! only danceshoes)	Marmorsalen	Direktørrømmet	
FRIDAY	18:15-19:15	Salsa Tamba & Emanuela		Kizomba Styling Ladies Valerie		
	19:30-20:30	Rueda de Casino Bernt Rygg	Urban Kiz Sherwin Ignacia	Timba Yuniel Vizcaino		
SATURDAY	10:00-10:30	Morning warm-up* / Merete Thorsen / GYMSALEN				
	10:30-11:30	Rueda de Casino good flow Tamba	Semba Nii & Astrid	Spin technique Magda Prichodko	Kizomba Fano	
	11:45-12:45	Salsa creative flavour Moe Flex	Son Livan Rondon	Rumba Cubana Yuniel Vizcaino & Lisa Ask	Kizomba communication Nii & Astrid	Bachata dominican Steeve Oagi
	12:45-14:00	Lunch				
	14:00-15:00	2 hours of Social Dance <i>with your favorite djs</i>	Bachata lead & follow Miguel Angel & Bea	Ladies Salsa styling Emanuela	Rueda de Casino mixta Bernt Rygg	Afro House Theo Awadzi
	15:15-16:15	Salsa improvisation Tamba & Emanuela	Semba Ebe Nezer	Arm technique for ladies Magda Prichodko	Salsa musicality Moe Flex	Bachata dominican Steeve Oagi
SUNDAY	10:00-10:30	Morning yoga* / Merete Thorsen / GYMSALEN				
	10:30-11:30	Rueda de Casino Moe Flex	Bachata fast footwork Steeve Oagi	Ladies Afro-cuban Lisa Ask	Urban Kiz Valerie	
	11:45-12:45	Pachanga Tamba & Emanuela	Kizomba All-in-One Nii & Astrid	Body movement & coordination Magda Prichodko	Funky Fusion Footwork Moe Flex	
	13:00-14:00	Reggaeton Moe Flex	Tarraxinha Ebe Nezer	Ladies Salsa styling Magda Prichodko	Bachata fusion Miguel Angel & Bea	
	14:00-15:00	Lunch				
	15:00-16:00	2 hours of Social Dance <i>with your favorite djs</i>	Salsa creative flavour Moe Flex		Semba Theo Awadzi	
	16:15-17:15	Rueda de Casino contratiempo Bernt Rygg	Kizomba Fano		Salsa nudos (knots) Livan Rondon	