

Swiss Acro 2024

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Times	Thursday	Times	Friday		Saturday	Sunday
		7:00 - 8:00	Yoga	7:00 - 8:00	Yoga	Yoga
		7:45 - 8:45	Breakfast	7:45 - 8:45	Breakfast	Clean the Room /Breakfast
		8:30 - 8:45	Info Round	8:30 - 8:45	Info Round	Info Round
09:00	Arrival/ Check in	9:00 - 9:45	Welcome	9:00 - 9:30	Skillshops	Skillshops
10.00 - 12:30	Day Long Intensive	10.00 - 12.00	Workshops	10:00 - 12:00	Workshops	Workshops/ Thai
12.45 - 14.00	Lunch	12:15 - 13:30	Lunch	12:15 - 13:30	Lunch	Lunch - make a lunch bag to take with - house must be empty
14:30- 18:00	Day Long Intensive	13:15 - 13:30	Info Round	13:15 - 13:30	Info Round	Jam - outdoor - hall must be empty at 13.00 - weather depending!
18:30 - 20.00	Dinner	14:00 - 15:30	Workshops/ Thai	14:00 - 15:30	Workshops/ Thai	Goodbye
until 10 pm	Thai Massage Jam	16:00 - 17:30	Workshops/ Thai	16:00 - 17:30	Workshops/ Thai	
	Free training	17.30 - 18.15	Jammin session	17.30 - 18.15	Jammin session	
		18:30 - 19:45	Dinner	18:30 - 19:45	Dinner	
		20:00 - ?	Ecstatic Dance	20:00 - ?	Music Jam/ Cozy Corner	
			Free training		Free training/ Manaege	