

SCHEDULE

ResidenzaZERO > 2022/2023

	FIRST DAY	SECOND DAY	THIRD DAY	FOURTH DAY
1° SESSION	WARM UP > ISOMETRIC ATHLETIC TRAINING FLOORWORK CONTEMPORARY ACROBATICS	WARM UP > ISOMETRIC ATHLETIC TRAINING FLOORWORK CONTEMPORARY ACROBATICS	DYNAMIC > WARM UP ATHLETIC TRAINING ACROFLOORWORK CONTEMPORARY ACROBATICS	DYNAMIC > WARM UP ATHLETIC TRAINING ACROFLOORWORK CONTEMPORARY ACROBATICS
	PAUSA	PAUSA	PAUSA	PAUSA
2° SESSION	PHYSICALCONTACT LABORATORIO	PHYSICALCONTACT LABORATORIO	PHYSICALCONTACT LABORATORIO	PHYSICALCONTACT LABORATORIO

	FIFTH DAY	SIXTH DAY
1° SESSION	WARM UP > LAB ACROFLOORWORK APPLIED ACROBATICS	WARM UP > LAB ACROFLOORWORK APPLIED ACROBATICS
	PAUSA	PAUSA
2° SESSION	PHYSICALCONTACT REPERTORY APT	PHYSICALCONTACT REPERTORY APT