



Acro-Sense Festival March 2026 Schedule

	starting	finishing	what	who	what	who	what	who	what	who			
Friday	13:00	13:30	Welcomecircle	Everybody									
	13:30	14:00	Warm up	Ales									
	14:00	14:10	Workshop Demos										
	14:10	15:45	Slot 1	Movement	Juliane	L-Base (WM or Flow)	Matthias & Isi	Standing H2H	Tanja & Ales	Whicarian Flow	Karel & Inez	Strattle front tuck	Ammanda & Tim
	15:45	16:15	Coffee Break										
	16:15	16:30	Demo										
	16:30	18:00	Slot 2	L-Base (WM or Flow)	Tanja & Ales	Intro to whips	Karel & Inez	Cartwheel Icarian	Ammanda & Tim	F2H Standing Enties/Tricks	Pacome	Tarzan 360*/540*	Julio & Mads
	18:00	19:30	Dinner										
	20:00	open end	Good Evening	Jam till Sunrise									
	20:00	21:00		Cacaoceremony (Aula)	Mira								
	20:00	21:00		Get on your hands	Pacome								
21:30	23:00		Contemporary Dance Session (Aula)	Juliane									

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Saturday	07:00	08:00	Good Morning	Yoga (Yogaraum)	Juliane								
	07:00	08:00		Cacaoceremony (Aula)	Mira								
	08:00	09:30	Breakfast										
	09:30	10:00	Warm up	Warm up	Matthias								
	10:00	10:10	Workshop Demos										
	10:10	11:45	Slot 1	Handstand drills	Pacome	Flow all level	Ammanda & Tim	Dance Acro	Karel & Inez	L-Base H2H Pops oder ?	Tanja & Ales	Linking Icarian	Julio & Mads
	12:00	13:30	Lunch										
				Warm up	DIY								
	14:00	14:10	Workshop Demos										
	14:10	15:45	Slot 2	Contemporary Dance	Juliane	L-Base (WM or Flow)	Tanja & Ales	F2F Pops	Ammanda & Tim	Collibri	Julio & Mads	Pitching	Pacome
	15:45	16:15	Coffee Break										
	16:15	16:30	Demo										
	16:30	18:00	Slot 3	Standing Intro	Matthias & Isi	Flow +	Ammanda & Tim	Fix your Trick	Pacome	The pike rising/ pendulum to back rising whipped	Karel & Inez	Kuruku	Julio & Mads
	18:00	19:30	Dinner										
	19:30	open end	Good Evening	Jam till sunrise									
20:00	21:00		Tipps + Tricks	Pacome									
20:00	21:30#		Massage (Aula)	Tanja									

	starting	finishing	what	who	what	who	what	who	what	who			
Sunday	07:00	08:00	Good Morning	Yoga (Yogaraum)	Lore								
	08:00	09:30	Breakfast										
	09:30	10:00	Warm up	Warm up	Ales								
	10:00	10:10	Workshop Demos										
	10:10	11:45	Slot 1	L-Base, Fix your Basics?	Matthias & Isi	L-Base (WM or Flow)	Tanja & Ales	Whippop	Karel & Inez	Cast away to secretary	Julio & Mads	Standing Mono Stuff	Pacome
	12:00	12:15		Closing circle									
12:15	13:30	Lunch	Goodbye & Looking forward to the next Acro-Sense-Festival 30. October - 01. November 2026										